

MENUS FOR FEBRUARY 2017

GROUNDHOG DAY
FEBRUARY 2ND

GORHAM MIDDLE
SCHOOL



This institution is an equal opportunity provider.
Menus are subject to change.

Daily Specials

Every Monday:

MEXICAN

Tuesdays:

ITALIAN

Wednesdays:

CHINESE

Thursdays:

AMERICAN

Fridays:

POTLUCK FRIDAY!
AVAILABLE DAILY:

Salad Bar
Grab & Go!
Tuna Salad Sandwich
Assorted Fruit
Fruit Salad
Fresh Baked Cookie
100% Juice—assorted
Milk—variety

Wednesday, February 1

Fresh Whole Grain Pizza
Zesty Orange Chicken
Cheeseburger on a Bun
Tuna Salad Sub
Tuna Salad Sandwich
Ham & Cheese Sandwich
Turkey & Cheese Sandwich
Uncrustable PBJ
Grab & Go!!

Thursday, February 2

Shepherd's Pie
Chicken & Fish Nuggets
Hot Dog on a Roll
Mini Corn Dogs
Grilled Cheese Sandwich
Tuna Salad Sub
Tuna Salad Sandwich
Ham & Cheese Sandwich
Turkey & Cheese Sandwich
Uncrustable PBJ
Grab & Go!!

Friday, February 3

Fresh Whole Grain Pizza
French Toast Sticks w/ Sausage
Fruit Cup
Ham & Cheese Italian
Oven Fries
Tuna Salad Sandwich
Ham & Cheese Sandwich
Turkey & Cheese Sandwich
Uncrustable PBJ
Grab & Go!!

Monday, February 6

Fresh Whole Grain Pizza
Super Beef Nachos
Soft Shell or Crispy Shell Tacos (beef or pork)
Chicken or Fish Nuggets
Cheeseburger on a Bun
Tuna Salad Sub
Grab & Go!!

Tuesday, February 7

Pasta Bar with Breadstick
Popcorn Chicken
BBQ Pork Rib Sandwich
Ham Italian
Grab & Go!!
Steak & Cheese Sandwich

HAPPY FACE= HEALTHY HEART.



It's February again, so let's talk hearts! A study that followed subjects for 10 years found that people who express positive emotions like contentment and happiness most often were far less likely to develop heart disease. So put on a happy face!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Daily Breakfast Specials

Mondays:

Egg Omelet, Sausage, Hash Browns
French Toast Sticks

Tuesdays:

Assorted Muffins

Wednesdays:

Pancake & Sausage Stick

Thursdays:

Breakfast Pizza

Fridays:

Fresh Cinnamon Rolls

AVAILABLE DAILY:

Whole Grain Donut (Monday through Thursday)
Sausage Egg & Cheese Breakfast Sandwich
Bagel & Cream Cheese
Assorted Cereals
Cereal Bar
Trix Yogurt
100% Juice
Milk—variety

eatfit

wanna stay fit?

gotta eat right!

the 10 items listed here are among the many delicious foods that are also good for heart health. You should try to make room for them often on your plate!

Almonds
Asparagus
Oatmeal

Walnuts
Spinach
Salmon

Blueberries
Strawberries
Black Beans
Cantaloupe

SALAD BAR

(Included with every Value Meal)

May Include:

Lettuce, variety fresh leafy

Cucumbers

Carrots

Tomatoes

Coleslaw

Broccoli

Spinach

Garbanzo Beans

White Beans

Apples

Oranges

Cantaloupe

Peaches

Assorted Salad Dressings

PRICES:

Lunch K-8 \$2.75

Lunch 9-12 \$3.00

Breakfast K-12 \$1.25

Reduced Price Lunch \$.40

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Wednesday, February 8

Fresh Whole Grain Pizza

Pork Stir Fry

Spicy Chicken Patty

Grab & Go!!

Thursday, February 9

Meatloaf

Chicken or Fish Nuggets

Chicken Quesadilla

Grilled Cheese Sandwich

Ham Italian

Grab & Go!!

Friday, February 10

Fresh Whole Grain Pizza

Scrambled Eggs, Hash Browns, English Muffin

Nachos with Cheese

Chicken Teriyaki Dippers

Tuna Wrap

Chicken Burger on a Whole Grain Bun

Grab & Go!!

Monday, February 13

Fresh Whole Grain Pizza

Chicken or Fish Nuggets

Ham & Cheese Sandwich

Enchiladas – Chicken or Beef

Cheeseburger on a Bun

Super Beef Nachos

Grab & Go!!

Tuesday, February 14

Pasta Bar with Breadstick

BBQ Pork Rib Sandwich

Ham Italian

Popcorn Chicken

Steak & Cheese Sandwich

Grab & Go!!

Wednesday, February 15

Early Release

BREAKFAST ONLY!!

Thursday, February 16

Hamburger

Hot Dog on a Roll

Potato Salad

Cole Slaw

Baked Beans

Grilled Cheese Sandwich

Tuna Salad Sub

Grab & Go!!

Friday, February 17

Fresh Whole Grain Pizza

Stuffed French Toast

Sausage

Ham & Cheese Italian

Cheeseburger on a Bun

Grab & Go!!

Winter Break!

Last Day of Classes
February 17

Classes Resume
February 27

Monday, February 27

Fresh Whole Grain Pizza

Chicken or Fish Nuggets

Cheeseburger on a Bun

Super Beef Nachos

Enchiladas – Chicken or Beef

Tuna Salad Sub

Tuna Salad Sandwich

Ham & Cheese Sandwich

Turkey & Cheese Sandwich

Grab & Go!!

Tuesday, February 28

Chicken Parmesan with Pasta

Popcorn Chicken

BBQ Pork Rib Sandwich

Chicken Burger on a Roll

Tuna Salad Sandwich

Ham & Cheese Sandwich

Turkey & Cheese Sandwich

Ham Italian

Uncrustable PBJ