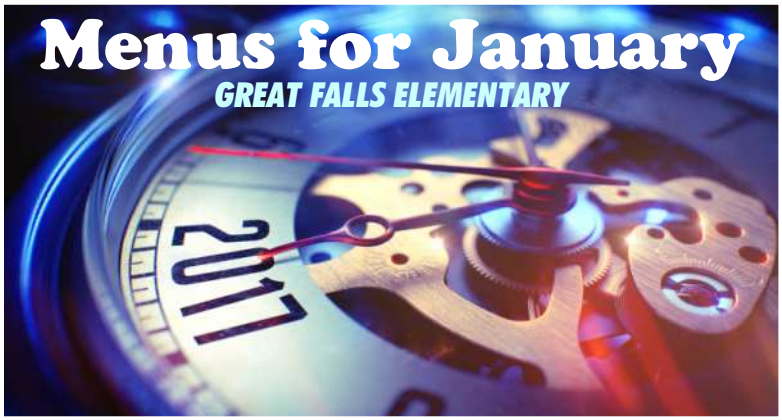


# Menus for January

GREAT FALLS ELEMENTARY



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

## DON'T 4GET!

To make a lunch,  
choose at least one



or



and 3-5  
items  
total

GORHAM SCHOOL DINING SERVICES



Welcome Back!  
We hope you  
enjoyed your  
break!

### Tuesday, January 3

- Cheeseburger on a Whole Grain Bun
- Hot Dog on a Whole Grain Roll
- Uncrustable PBJ
- Salad Bar, Including:
- Oven-Baked French Fries
- Romaine Lettuce
- Juicy Red Tomatoes
- Puckery Pickles
- Applesauce
- Plump Peaches

### Wednesday, January 4

- Fresh from the Oven Pizza with Whole Grain Crust
- Uncrustable PBJ
- Tangy Tomato Soup with Goldfish
- Salad Bar, Including:
- Fresh Caesar Salad
- Crisp Corn
- Plump Peaches
- Fruit Cocktail

### Thursday, January 5

- Ham & Cheese Italian Chicken Salad Submarine
- Uncrustable PBJ
- Fun Size Chips!!
- Salad Bar, Including:
- Sweet Red Peppers
- Puckery Pickles
- Juicy Red Tomatoes
- Awesome Onions
- Fruit Cocktail
- Applesauce

### Friday, January 6

- French Toast Sticks with Syrup
- Bagel & Cream Cheese
- Scrumptious Scrambled Eggs
- Uncrustable PBJ
- Salad Bar, Including:
- Hash Brown Potatoes
- Baked Beans
- Sliced Apples w/ Cinnamon
- Pears in Extra Light Syrup

## Still the best deal in town!

**Breakfast**      **Lunch**

**\$1.25** **\$1.25**    **\$2.75** **\$3.00**

**Elementary** **Secondary**    **Elementary** **Secondary**

**REDUCED PRICE LUNCH IS \$ .40 FOR K-12**  
[www.gorhamschools.org/food\\_service/](http://www.gorhamschools.org/food_service/)

### Monday, January 9

- Fish or Chicken Bites
- Uncrustable PBJ
- Salad Bar, Including:
- Sweet Red Peppers
- Melon -Cantaloupe
- Melon -Honeydew
- Cool Cucumbers
- Broccoli
- Brown Rice Pilaf
- Crunchy Cole Slaw

### Tuesday, January 10

- WG Pasta with Meat Sauce
- Whole Grain Buttered Noodles
- Uncrustable PBJ
- Whole Grain Breadstick
- Salad Bar, Including:
- Romaine Lettuce
- Crispy Carrots
- Fresh Spinach
- Crunchy Broccoli
- Juicy Red Tomatoes
- Cool Cucumbers
- Fancy Chickpeas
- Fresh Cut-Up Fruit
- Applesauce

### Wednesday, January 11

- Pazzo Bread with Dipping Sauce
- Uncrustable PBJ
- Tangy Tomato Soup with Goldfish
- Salad Bar, Including:
- Fresh Caesar Salad
- Crisp Corn
- Plump Peaches
- Fruit Cocktail

### Thursday, January 12

- Cheeseburger on a Whole Grain Bun
- Hot Dog on a Whole Grain Roll
- Uncrustable PBJ
- Salad Bar, Including:
- Oven-Baked French Fries
- Romaine Lettuce
- Juicy Red Tomatoes
- Puckery Pickles
- Applesauce
- Plump Peaches

### Friday, January 13

- Waffle Sticks with Syrup
- Bagel & Cream Cheese
- Scrumptious Scrambled Eggs
- Salad Bar, Including:
- Hash Brown Potatoes
- Baked Beans
- Sliced Apples w/ Cinnamon
- Pears in Extra Light Syrup



It's in our DNA: the human body is made to MOVE, not to sit still all day, every day. Our earliest ancestors were in motion daily, looking for food. The more we can make sure we're active and moving, the better our health will be.

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

**Monday, January 16**

**Martin Luther King, Jr.**



1929  
1968

1964  
Awarded  
Nobel Peace  
Prize

**No School**

**Tuesday, January 17**

Chicken Burger  
on a Whole Grain Bun  
Bagel & Yogurt  
Uncrustable PBJ

Salad Bar, Including:  
Romaine Lettuce  
Crispy Carrots  
Fresh Spinach  
Crunchy Broccoli  
Juicy Red Tomatoes  
Cool Cucumbers  
Fancy Chickpeas  
Fresh Cut-Up Fruit  
Applesauce

**Wednesday, January 18**

Fresh from the Oven  
Pizza with Whole Grain Crust  
Uncrustable PBJ  
Tangy Tomato Soup  
with Goldfish

Salad Bar, Including:  
Fresh Caesar Salad  
Crisp Corn  
Plump Peaches  
Fruit Cocktail

**Thursday, January 19**

Popcorn Chicken  
Tuna Salad Sandwich  
Uncrustable PBJ

Salad Bar, Including:  
Romaine Lettuce  
Crispy Carrots  
Fresh Spinach  
Crunchy Broccoli  
Juicy Red Tomatoes  
Cool Cucumbers  
Fancy Chickpeas  
Fresh Cut-Up Fruit  
Applesauce

**Friday, January 20**

French Toast Sticks with  
Syrup  
Bagel & Cream Cheese  
Scrumptious Scrambled Eggs  
Uncrustable PBJ

Salad Bar, Including:  
Hash Brown Potatoes  
Baked Beans  
Sliced Apples w/ Cinnamon  
Pears in Extra Light Syrup

**Available Daily**

**BREAKFAST SPECIALS**

**Monday—Super Cinnamon Bunn  
Tuesday—Mini Bagel with  
Cinnamon or Strawberry Cream  
Cheese Filling  
Wednesday—Breakfast Breads  
Thursday—Breakfast Pizza  
Friday—Sausage Pancake  
on a Stick**

**Available Daily:  
Assorted Cereal  
Fruit  
100% Juice  
Milk—Variety**

**Monday, January 23**

Fish or Chicken Bites  
Uncrustable PBJ

Salad Bar, Including:  
Sweet Red Peppers  
Melon -Cantaloupe  
Melon -Honeydew  
Cool Cucumbers  
Broccoli  
Brown Rice Pilaf  
Crunchy Cole Slaw

**Tuesday, January 24**

Pazzo Bread  
with Dipping Sauce  
Uncrustable PBJ  
Tangy Tomato Soup  
with Goldfish

Salad Bar, Including:  
Fresh Caesar Salad  
Crisp Corn  
Plump Peaches  
Fruit Cocktail

**Wednesday, January 25**

**EARLY RELEASE!!  
BAG LUNCH!!**



**Thursday, January 26**

Taco Salad Supreme  
Terrific Tacos  
Uncrustable PBJ  
Hoodsie Cup!!

Salad Bar, Including:  
Black Bean & Corn Salsa  
Juicy Red Tomatoes  
Romaine Lettuce  
Mozzarella Cheese  
Crisp Corn  
Fruit Cocktail  
Pineapple

**Friday, January 27**

Waffle Sticks with Syrup  
Bagel & Cream Cheese  
Scrumptious Scrambled Eggs

Salad Bar, Including:  
Hash Brown Potatoes  
Baked Beans  
Sliced Apples w/ Cinnamon  
Pears in Extra Light Syrup

**Monday, January 30**

Cheeseburger  
on a Whole Grain Bun  
Hot Dog  
on a Whole Grain Roll  
Uncrustable PBJ

Salad Bar, Including:  
Oven-Baked French Fries  
Romaine Lettuce  
Juicy Red Tomatoes  
Puckery Pickles  
Applesauce  
Plump Peaches

**Tuesday, January 31**

Chicken Burger  
on a Whole Grain Roll  
Mighty Meatball Sub  
Uncrustable PBJ  
Oven Fries

Salad Bar, Including:  
Sweet Red Peppers  
Melon -Cantaloupe  
Melon -Honeydew  
Cool Cucumbers  
Broccoli  
Brown Rice Pilaf  
Crunchy Cole Slaw

**NUTRITION TO GO**

**Boys and girls 4-6 years old should get about 1800 total calories a day from all food and drink sources, while 7-10 year olds should get 2200. At age 11-14, girls should still get about 2200 calories but boys about 2500. Young athletes should get 600-1200 more calories a day, depending on their weight and sport.**

**A TASTY MORSEL FOR PARENTS**

**YEAR OF THE ROOSTER**

**This year, there are TWO New Years in January!**

**The Chinese New Year begins with the new moon on January 28.**

**2017 is the Year of the Rooster.**



鸡

**2017**