

# Menus for January

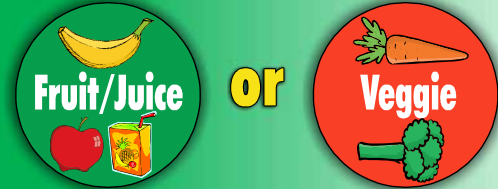
NARRAGANSETT ELEMENTARY



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

## DON'T 4GET!

### To make a lunch, choose at least one



and 3-5 items total

GORHAM SCHOOL DINING SERVICES



Welcome Back!  
We hope you enjoyed your break!

#### Tuesday, January 3

- Pasta with Mighty Meatsauce
- Whole Grain Buttered Noodles
- Ham & Cheese Sandwich with Fun Size Chips
- Turkey & Cheese Sandwich with Fun Size Chips
- 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 4

- Pulled Pork Sandwich
- Cheeseburger
- Ham & Cheese Sandwich with Fun Size Chips
- Turkey & Cheese Sandwich with Fun Size Chips
- Tangy Tomato Soup with Goldfish
- Salad Bar, Including:
  - Oven-Baked French Fries
  - Romaine Lettuce
  - Juicy Red Tomatoes
  - Puckery Pickles
  - Applesauce
  - Plump Peaches

#### Thursday, January 5

- Nachos
- Terrific Tacos
- Ham & Cheese Sandwich with Fun Size Chips
- Turkey & Cheese Sandwich with Fun Size Chips
- Hoodsie Cup!!
- Salad Bar, Including:
  - Black Bean & Corn Salsa
  - Juicy Red Tomatoes
  - Romaine Lettuce
  - Mozzarella Cheese
  - Crisp Corn
  - Fruit Cocktail
  - Pineapple

#### Friday, January 6

- Pancakes with Syrup
- Bagel & Cream Cheese
- Scrumptious Scrambled Eggs
- Ham & Cheese Sandwich with Fun Size Chips
- Turkey & Cheese Sandwich with Fun Size Chips
- Salad Bar, Including:
  - Hash Brown Potatoes
  - Baked Beans
  - Yummy Fruit-of-the-Day!
  - Pears in Extra Light Syrup

## Still the best deal in town!

<b>Breakfast</b>	<b>Lunch</b>
<b>\$1.25</b>	<b>\$1.25 \$2.75 \$3.00</b>
<b>Elementary</b>	<b>Secondary Elementary Secondary</b>

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

#### Monday, January 9

- Fish Sandwich
- Popcorn Chicken
- Ham & Cheese Sandwich with Fun Size Chips
- Turkey & Cheese Sandwich with Fun Size Chips
- Oven Baked Fries
- Salad Bar, Including:
  - Sweet Red Peppers
  - Melon -Cantaloupe
  - Melon -Honeydew
  - Cool Cucumbers
  - Broccoli
  - Brown Rice
  - Crunchy Cole Slaw

#### Tuesday, January 10

- Chicken Burger on WG Bun
- Chicken Fajita
- Ham & Cheese Sandwich with Fun Size Chips
- Turkey & Cheese Sandwich with Fun Size Chips
- 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

- Fresh from the Oven Pizza with Whole Grain Crust
- Ham & Cheese Sandwich with Fun Size Chips
- Turkey & Cheese Sandwich with Fun Size Chips
- Tangy Tomato Soup with Goldfish
- Salad Bar, Including:
  - Fresh Caesar Salad
  - Crisp Corn
  - Plump Peaches
  - Fruit Cocktail

#### Thursday, January 12

- Chicken Burger on a Whole Grain Roll
- Grilled Cheese Sandwich
- Ham & Cheese Sandwich with Fun Size Chips
- Turkey & Cheese Sandwich with Fun Size Chips
- Assorted Pudding
- 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 13

- French Toast with Syrup
- Bagel & Cream Cheese
- Scrumptious Scrambled Eggs
- Ham & Cheese Sandwich with Fun Size Chips
- Turkey & Cheese Sandwich with Fun Size Chips
- Salad Bar, Including:
  - Hash Brown Potatoes
  - Baked Beans
  - Yummy Fruit-of-the-Day!
  - 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**

Pasta & Mighty Meatsauce  
Whole Grain Buttered Noodles  
Ham & Cheese Sandwich with Fun Size Chips  
Turkey & Cheese Sandwich with Fun Size Chips

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 18**

Nachos  
Ham & Cheese Sandwich with Fun Size Chips  
Turkey & Cheese Sandwich with Fun Size Chips  
Tangy Tomato Soup with Goldfish

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

**Thursday, January 19**

Chicken Quesadilla  
Ham & Cheese Whole Wheat Roll-Up  
Ham & Cheese Sandwich with Fun Size Chips  
Turkey & Cheese Sandwich with Fun Size Chips  
Juice Pop!!

Salad Bar, Including:  
Sweet Red Peppers  
Puckery Pickles  
Juicy Red Tomatoes  
Awesome Onions  
Fruit Cocktail  
Applesauce

**Friday, January 20**

Pancakes with Syrup  
Bagel & Cream Cheese  
Ham & Cheese Sandwich with Fun Size Chips  
Turkey & Cheese Sandwich with Fun Size Chips

Salad Bar, Including:  
Hash Brown Potatoes  
Baked Beans  
Yummy Fruit-of-the-Day!  
Pears in Extra Light Syrup

**Available Daily**

**BREAKFAST SPECIALS**

**Monday—Whole Grain Bagel & Cream Cheese**  
**Tutti Fruity Tuesday -Fresh Cut Fruit & Creamy Yogurt**  
**Wednesday-Breakfast Breads**  
**Thursday—Breakfast Pizza**  
**Friday-Assorted Muffins**

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

**Monday, January 23**

Pulled Pork Sandwich  
Cheeseburger  
Ham & Cheese Sandwich with Fun Size Chips  
Turkey & Cheese Sandwich with Fun Size Chips

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

**Tuesday, January 24**

Pasta with Mighty Meatsauce  
Ham & Cheese Sandwich with Fun Size Chips  
Turkey & Cheese Sandwich with Fun Size Chips  
Tangy Tomato Soup with Goldfish

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 25**

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



**Thursday, January 26**

Nachos  
Terrific Tacos  
Ham & Cheese Sandwich with Fun Size Chips  
Turkey & Cheese Sandwich with Fun Size Chips  
Hoodsie Cup!!

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

**Friday, January 27**

French Toast Sticks with Syrup  
Bagel & Cream Cheese  
Scrumptious Scrambled Eggs  
Ham & Cheese Sandwich with Fun Size Chips  
Turkey & Cheese Sandwich with Fun Size Chips

Salad Bar, Including:  
Hash Brown Potatoes  
Baked Beans  
Yummy Fruit-of-the-Day!  
Pears in Extra Light Syrup

**Monday, January 30**

Cheeseburger on a Whole Grain Bun  
Hot Dog on a Whole Grain Roll  
Ham & Cheese Sandwich with Fun Size Chips  
Turkey & Cheese Sandwich with Fun Size Chips

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

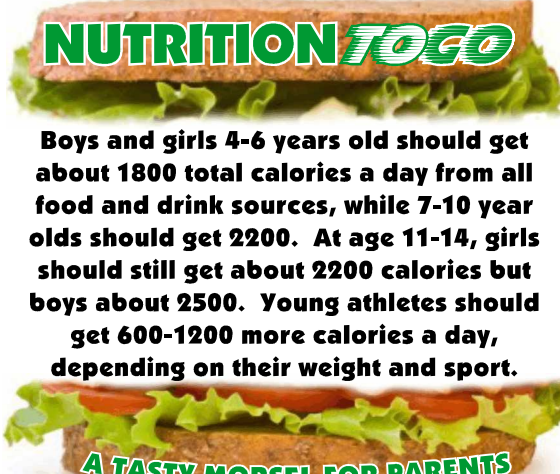
**Tuesday, January 31**

Ham & Cheese Italian  
Chicken Salad Submarine  
Un crustable PBJ with String Cheese/Whole Grain Cheese-Its Fun Size Chips!!

Salad Bar, Including:  
Sweet Red Peppers  
Puckery Pickles  
Juicy Red Tomatoes  
Awesome Onions  
Fruit Cocktail  
Applesauce

**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.**

