

Menus for January

VILLAGE ELEMENTARY



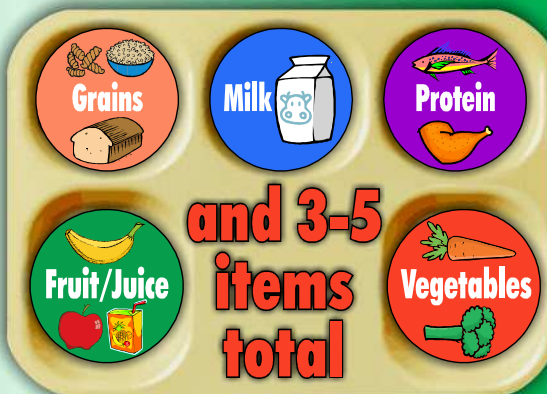
This institution is an equal opportunity provider. Menus are subject to change.

DON'T 4GET!

To make a lunch,
choose at least one



or



GORHAM SCHOOL DINING SERVICES



Welcome Back!
We hope you
enjoyed your
break!

Tuesday, January 3

WG Pasta with Meatballs
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 4

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

Thursday, January 5

Tuna Salad
on a Goldfish Bun
Popcorn Chicken
Uncrustable PBJ
Juice Pop!!
Salad Bar, Including:
Sweet Red Peppers
Puckery Pickles
Juicy Red Tomatoes
Fruit Cocktail
Applesauce

Friday, January 6

Whole Grain Pancakes
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/

Monday, January 9

Chicken Burger
on Whole Grain Bun
Mighty Meatball Sub
Uncrustable PBJ
Oven Fries
Salad Bar, Including:
Romaine Lettuce
Crispy Carrots
Fresh Spinach
Crunchy Broccoli
Juicy Red Tomatoes
Cool Cucumbers
Fancy Chickpeas
Fresh Cut-Up Fruit

Tuesday, January 10

Cheeseburger on a 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 11

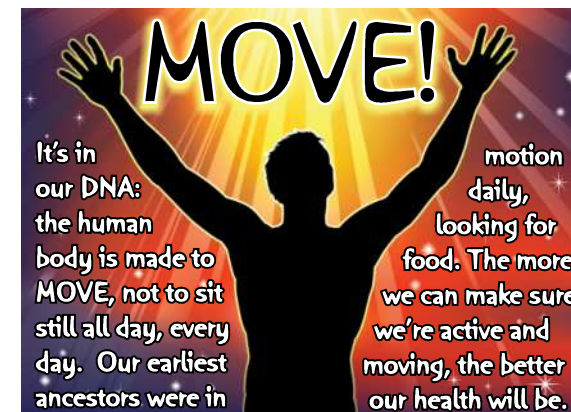
Fresh from the Oven
Pizza with Whole Grain Crust
Uncrustable PBJ
Tomato Soup
with Goldfish
Salad Bar, Including:
Fresh Caesar Salad
Crisp Corn
Plump Peaches
Fruit Cocktail

Thursday, January 12

Terrific Tacos
Nachos with Cheese
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 13

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



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Monday, January 16

Martin Luther King, Jr.

1929
1968



No School

Tuesday, January 17

Fish or Chicken Bites
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

Pazzo Bread
with Dipping Sauce
Uncrustable PBJ
Tomato Soup with Goldfish

Salad Bar, Including:

Fresh Caesar Salad
Crisp Corn
Plump Peaches
Fruit Cocktail

Thursday, January 19

Ham & Cheese Italian
Chicken Salad Submarine
Uncrustable PBJ
Fun Size Chips!!

Salad Bar, Including:

Sweet Red Peppers
Puckery Pickles
Juicy Red Tomatoes
Fruit Cocktail
Applesauce

Friday, January 20

Whole Grain Pancakes
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

Monday, January 23

Popcorn Chicken
Fantastic Fish Burger
Uncrustable PBJ
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

Tuesday, January 24

Fresh from the Oven
Pizza with Whole Grain Crust
Uncrustable PBJ
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

Macaroni & Cheese
Hot Dog
on a Whole Grain Roll
Uncrustable PBJ

Salad Bar, including:

Crunchy Cole Slaw
Baked Beans
Baby Carrots
Brilliant Beets
Pears in Light Syrup
Plump Peaches

Friday, January 27

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—Breakfast Pizza
Tutti Fruity Tuesday -Fresh Cut
Fruit & Creamy Yogurt
Wednesday-Breakfast Breads
Thursday—Bagel with
Cream Cheese Filling
Friday-Egg & Cheese Wrap**

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

Monday, January 30

WG Pasta with Meatballs
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

Tuesday, January 31

Fish or Chicken Bites
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

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.**

