

Menus for January

GORHAM HIGH SCHOOL

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



Welcome Back!
We hope you enjoyed your break!

Monday, January 16

School will be closed on Monday, January 16
in honor of Martin Luther King, Jr.'s Birthday



Monday Specials

- Pizza with Whole Grain Crust
- Chicken Patty on a Whole Grain Bun
- Quesadillas—Chicken and Cheese
- Ham or Turkey Italian
- Ham and Cheese or Turkey and Cheese Sandwich
- Veggie Sandwich or Sub
- Tuna Salad Sandwich
- Chicken Salad Sandwich or Wrap
- Chicken Caesar Wrap
- Assorted Fresh Fruits
- Salad Bar
- Orange Juice—8 oz.
- Milk - Variety
- Assorted Condiments
- Caesar Salad (ala carte)
- Plain Bagel with Jelly or Cream Cheese (ala carte)
- Fruit Salad (ala carte)
- Yogurt Parfait (ala carte)

Tuesday Specials

- Sandwich Bar
- Chicken Nuggets
- Pizza with Whole Grain Crust
- Ham Italian or Turkey Italian
- Ham & Cheese Sandwich
- Turkey & Cheese Sandwich
- Tuna Salad Sandwich
- Chicken Salad Sandwich or Wrap
- Veggie Sandwich or Veggie Sub
- Grilled Cheese Sandwich
- Salad Bar
- Assorted Fresh Fruits
- Milk - Variety
- Assorted Condiments
- Oven Fries (ala carte)
- Caesar Salad (ala carte)
- Fruit Salad (ala carte)
- Plain Bagel with Jelly or Cream Cheese (ala carte)
- Yogurt Parfait (ala carte)

Wednesday Specials

- Pizza with Whole Grain Crust
 - Chicken Nuggets
 - Cheeseburger on a Whole Grain Bun
 - Steak & Cheese Sandwich
 - Hot Dog Boat with Oven Fries
 - Ham Italian or Ham & Cheese Sandwich
 - Turkey Italian or Turkey & Cheese Sandwich
 - Tuna Salad Sandwich
 - Chicken Salad Sandwich
 - Chicken Salad Wrap
 - Veggie Sub or Sandwich
 - BBQ Chicken Ranch Wrap
 - Buffalo Chicken Wrap
 - Honey Mustard Chicken Wrap
 - Assorted Fresh Fruits
 - Milk - Variety
 - Assorted Condiments
 - Baked Oven Fries (ala carte)
 - Caesar Salad (ala carte)
 - Fruit Salad (ala carte)
 - Yogurt Parfait (ala carte)
 - Plain Bagel with Jelly or Cream Cheese (ala carte)
- (WED. JANUARY 25TH- EARLY RELEASE -BREAKFAST ONLY)**

BREAKFAST SPECIALS

Mondays:

Sausage & Egg Breakfast Sandwich

Tuesdays:

Ham & Egg Breakfast Sandwich

Wednesdays:

Breakfast Pizza

Thursdays:

Sausage & Egg Breakfast Sandwich

Fridays:

Fresh Cinnamon Rolls

AVAILABLE DAILY:

- Cinnamon Raisin or Plain Bagel with Cream Cheese
- Assorted Cereals
- Assorted Fresh Fruits
- 100% Juice
- Milk—variety

LUNCH SPECIALS

Every Other Monday:

Quesadillas—Chicken & Cheese

Tuesdays:

Sandwich Bar

Wednesdays:

BBQ Chicken Ranch Wrap, Buffalo Chicken Wrap, or
Honey Mustard Chicken Wrap

Thursdays:

Pasta Bar with Breadstick

Fridays:

Fresh Baked Macaroni & Cheese or Assorted Chicken Wraps

AVAILABLE DAILY:

- Salad Bar
- Fresh Baked Pizza with Whole Grain Wheat or White Crust
- Veggie Sandwich or Sub
- Tuna Salad Sandwich
- Assorted Fruit
- Fruit Salad
- Caesar Salad
- Plain Bagel with Jelly or Cream Cheese
- Yogurt Parfait
- 100% Juice—assorted

Thursday Specials

- Pasta Bar with Breadstick
- Pizza with Whole Grain Crust
- Corn Dog
- Chicken Nuggets
- Cheeseburger on a Whole Grain Bun
- Ham Italian or Ham & Cheese Sandwich
- Turkey Italian or Turkey & Cheese Sandwich
- Tuna Salad Sandwich
- Chicken Salad Sub or Chicken Salad Sandwich
- Veggie Sandwich or Veggie Sub
- Chicken Salad Wrap
- Chicken Caesar Wrap
- Assorted Fresh Fruits
- Salad Bar
- Milk—Variety
- Assorted Condiments
- Caesar Salad (ala carte)
- Yogurt Parfait (ala carte)
- Fruit Salad (ala carte)
- Plain Bagel with Jelly or Cream Cheese (ala carte)

Friday Specials

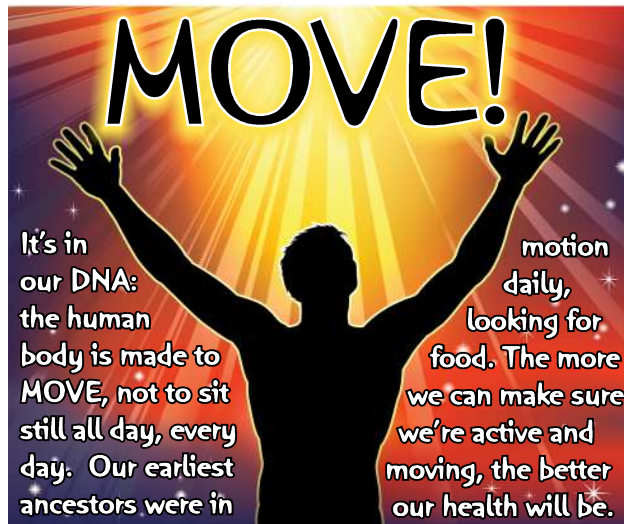
- Pizza with Whole Grain Crust
- Fresh Baked Macaroni & Cheese
- Fish Sandwich
- Spicy Chicken Patty
- Ham Italian or Ham & Cheese Sandwich
- Turkey Italian or Turkey & Cheese Sandwich
- Tuna Salad Sandwich
- Chicken Salad Sub or Chicken Salad Sandwich
- Chicken Salad Wrap
- BBQ Chicken Ranch Wrap
- Buffalo Chicken Wrap
- Honey Mustard Chicken Wrap
- Veggie Sandwich or Veggie Sub
- Assorted Fresh Fruits
- Salad Bar
- Milk—Variety
- Assorted Condiments
- Oven-baked Fries (ala carte)
- Caesar Salad (ala carte)
- Yogurt Parfait (ala carte)
- Fruit Salad (ala carte)
- Soft Pretzel (ala carte)
- Plain Bagel with Jelly or Cream Cheese (ala carte)

SALAD BAR

(Included with every Value Meal)

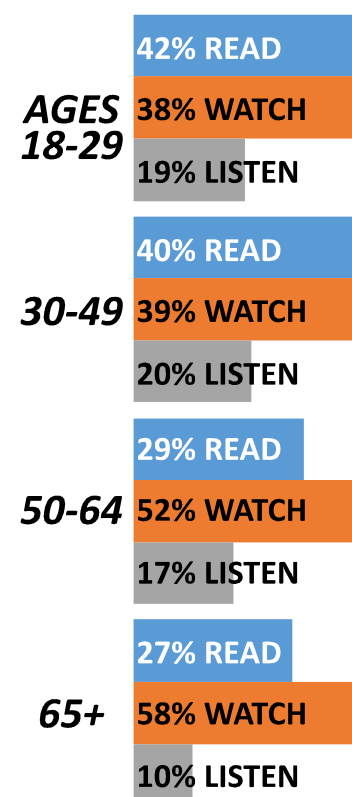
May Include:

- Lettuce, variety fresh leafy
- Cucumbers
- Carrots
- Tomatoes
- Coleslaw
- Broccoli
- Spinach
- Garbanzo Beans
- White Beans
- Apples
- Oranges
- Cantaloupe
- Peaches
- Assorted Salad Dressings



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

kids these days



Ever hear an adult lament that “Kids these days don’t read!” *Yeah, whatever.* A 2016 study by Pew Research found that, at least when it comes to consuming news, the **exact opposite** is true: younger people **prefer** to get their news in text form rather than watching TV or listening to the radio. **Reading is the preferred news-gathering method for 42% of young adults**, compared to just 27% of seniors. Of course, the **preferred medium** is different – the younger you are, the more likely that you read your news from a **screen**, rather than from a **newspaper**.

Please see reverse for items available daily

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/