



## GORHAM MIDDLE SCHOOL

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



*Welcome Back!*  
*We hope you*  
*enjoyed your break!*

### **Tuesday, January 3**

Pasta Bar with Breadstick  
Popcorn Chicken  
BBQ Pork Rib Sandwich  
Steak & Cheese Sandwich  
Ham Italian  
Tuna Salad Sandwich  
Ham & Cheese Sandwich  
Turkey & Cheese Sandwich  
Uncrustable PBJ  
Grab & Go!!

### **Wednesday, January 4**

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, January 5**

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, January 6**

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

### **Monday, January 9**

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, January 10**

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

### **Wednesday, January 11**

Fresh Whole Grain Pizza  
Pork Stir Fry  
Spicy Chicken Patty  
Grab & Go!!

### **Thursday, January 12**

Meatloaf  
Chicken or Fish Nuggets  
Chicken Quesadilla  
Grilled Cheese Sandwich  
Ham Italian  
Grab & Go!!

### **Friday, January 13**

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!!

## Available 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

## LUNCH 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

**Monday, January 16**

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

**Tuesday, January 17**

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

**Wednesday, January 18**

Fresh Whole Grain Pizza  
Sweet & Sour Chicken  
Spicy Chicken Patty  
Turkey Italian  
Grab & Go!!

**Thursday, January 19**

Hamburger  
Hot Dog on a Roll  
Potato Salad  
Cole Slaw  
Baked Beans  
Grilled Cheese Sandwich  
Tuna Salad Sub

**Friday, January 20**

Fresh Whole Grain Pizza  
Stuffed French Toast & Sausage  
Ham & Cheese Italian  
Cheeseburger on a Bun

**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

**Monday, January 23**

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, January 24**

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

**Wednesday, January 25**

EARLY RELEASE DAY  
BREAKFAST ONLY

**Thursday, January 26**

Macaroni & Cheese  
Chicken or Fish Nuggets  
Chili Cheese Dog  
Mini Corn Dogs  
Grilled Cheese Sandwich  
Ham Italian  
Tuna Salad Sandwich  
Ham & Cheese Sandwich  
Turkey & Cheese Sandwich  
Uncrustable PBJ  
Grab & Go!!

**Friday, January 27**

Fresh Whole Grain Pizza  
Scrambled Eggs, Sausage, Hash Browns  
Chicken Teriyaki Dippers  
Chicken Burger on Whole Grain Bun  
Tuna Wrap  
Uncrustable PBJ  
Tuna Salad Sandwich  
Ham & Cheese Sandwich  
Turkey & Cheese Sandwich  
Grab & Go!!

**Monday, January 30**

Fresh Whole Grain Pizza  
Chicken or Fish Nuggets  
Chicken Quesadilla  
Super Beef Nachos  
Cheeseburger on a Bun  
Ham & Cheese Sandwich  
Tuna Salad Sandwich  
Turkey & Cheese Sandwich  
Uncrustable PBJ  
Grab & Go!!

**Tuesday, January 31**

Pasta Bar with Breadstick  
Popcorn Chicken  
BBQ Pork Rib Sandwich  
Steak & Cheese Sandwich  
Ham Italian  
Tuna Salad Sandwich  
Ham & Cheese Sandwich  
Turkey & Cheese Sandwich  
Uncrustable PBJ  
Grab & Go!!



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

**Still the best  
deal in town!**

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

**REDUCED PRICE LUNCH IS \$.40 FOR K-12**

[www.gorhamschools.org/food\\_service/](http://www.gorhamschools.org/food_service/)