

MENUS FOR AUGUST & SEPTEMBER 2018

Gill Elementary
School

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



AVAILABLE DAILY

Alternate Meals
Sunbutter & Jelly Sandwich
With Cheese Stick
Or
Chef Salad Bowls
All meals include fresh fruit &
veggie options
And Low-Fat Milk

I am the letter
P

peach

Thursday, August 30

Breakfast
WG Breakfast Bread or Cereal
with Yogurt &
Assorted Fruit

Lunch
Ham & Cheese
with Lettuce & Tomato on
Goldfish Bread
Cucumber Sticks with
Low-Fat Ranch Dip or
Hummus
Assorted Fruit

**What's on
YOUR
plate?**

Friday, August 31

Breakfast
WG Muffin or Cereal
With Cheese Stick &
100% Juice or Fruit

Lunch
Cheese Pizza Stick
With Marinara Sauce
Crunchy Roasted Chick Peas
Fresh Broccoli Florets with
Low-fat Ranch Dip or
Hummus
Assorted Fruit

**The original value meal
& still a fantastic deal!**

Breakfast **Lunch**

\$1.50 **\$2.50**

*Get in touch with us today to learn more about
free and reduced-price meals in our district:
413-863-7506 or heather.holmes@gmsrd.org*

**HAPPY
LABOR DAY!**

**Try not to be BLUE
about Summer's end -
enjoy the last sweet
days of the season
BERRY much!**

Tuesday, September 4

Breakfast
Low-Fat Yogurt with Granola
Or WG Cereal
Assorted Fruit

Lunch
Nachos made with Seasoned
Ground Turkey & Cheese over
Corn Tortilla Chips
With Salsa & Sour Cream
Corn & Black Bean Salad
Assorted Fruit

**Try to eat a
RAINBOW
of different colors!**

**Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html**

Wed., September 5

Breakfast
Sweet Potato Cinnamon Roll
Or WG Cereal
With Low-Fat Cheese Stick
Assorted Fruit

Lunch
Turkey & Cheese
with Lettuce & Tomato on
Goldfish Bread
Cucumber Sticks with
Low-Fat Ranch Dip or
Hummus
Assorted Fruit

Thursday, September 6

Breakfast
WG Breakfast Bread or Cereal
with Yogurt &
Assorted Fruit

Lunch
Chicken Patty
With Lettuce & Tomato
on a Whole Wheat Roll
Smiley Fries
Assorted Fruit

Friday, September 7

Breakfast
WG Muffin or Cereal
With Cheese Stick &
100% Juice or Fruit

Lunch
Cheese Pizza Stick
With Marinara Sauce
Crunchy Roasted Chick Peas
Fresh Broccoli Florets with
Low-fat Ranch Dip or
Hummus
Assorted Fruit

Monday, September 10

Breakfast

Whole Grain Cereal
With Low-Fat Cheese Stick
100% Juice or Fruit

Lunch

Chicken & Gravy
Over Mashed Potatoes
Carrot & Celery Sticks
With Low-Fat Ranch Dip or
Hummus
Assorted Fruit

Tuesday, September 11

Breakfast

Low-Fat Yogurt with Granola
Or WG Cereal
Assorted Fruit

Lunch

Steak & Cheese Nachos
With Salsa & Sour Cream
Corn & Black Bean Salad
Assorted Fruit

Wed., September 12

Breakfast

Sweet Potato Cinnamon Roll
Or WG Cereal
With Low-Fat Cheese Stick
Assorted Fruit

HALF-DAY

Lunch

Whole Grain Soft Pretzel &
Yogurt with Honey Grahams
Carrot & Cucumber Sticks
With Low-Fat Ranch Dip or
Hummus
Assorted Fruit



Thursday, September 13

Breakfast

WG Breakfast Bread or Cereal
with Yogurt &
Assorted Fruit

Lunch

Hamburger with Cheese
With Lettuce & Tomato on a
Whole Wheat Roll
Smiley Fries
Assorted Fruit

Friday, September 14

Breakfast

WG Muffin or Cereal
With Cheese Stick &
100% Juice or Fruit

Lunch

Cheese Pizza Stick
With Marinara Sauce
Crunchy Roasted Chick Peas
Fresh Broccoli Florets with
Low-Fat Ranch Dip or
Hummus
Assorted Fruit

Monday, September 17

Breakfast

Whole Grain Cereal
With Low-Fat Cheese Stick
100% Juice or Fruit

Lunch

Chicken Nuggets
With Tater Tots
Whole Wheat Dinner Roll
Carrot & Celery Sticks
With Low-Fat Ranch Dip or
Hummus
Assorted Fruit

Tuesday, September 18

Breakfast

Low-Fat Yogurt with Granola
Or WG Cereal
Assorted Fruit

Lunch

Fajita Chicken Nachos
With Cheese, Salsa
& Sour Cream
Over Corn Tortilla Chips
Corn & Black Bean Salad
Assorted Fruit

Wed., September 19

Breakfast

Sweet Potato Cinnamon Roll
Or WG Cereal
With Low-Fat Cheese Stick
Assorted Fruit

Lunch

Ham & Cheese
with Lettuce & Tomato on
Goldfish Bread
Cucumber Sticks with
Low-Fat Ranch Dip or
Hummus
Assorted Fruit

Thursday, September 20

Breakfast

WG Breakfast Bread or Cereal
with Yogurt &
Assorted Fruit

Lunch

Pulled Pork Sandwich
On a Whole Wheat Roll
Sweet Potato Tots
Cole Slaw
Assorted Fruit

Friday, September 21

Breakfast

WG Muffin or Cereal
With Cheese Stick &
100% Juice or Fruit

Lunch

Cheese Pizza Stick
With Marinara Sauce
Crunchy Roasted Chick Peas
Fresh Broccoli Florets with
Low-fat Ranch Dip or
Hummus
Assorted Fruit

Monday, September 24

Breakfast

Whole Grain Cereal
With Low-Fat Cheese Stick
100% Juice or Fruit

Lunch

Macaroni & Cheese
Whole Wheat Dinner Roll
Carrot & Celery Sticks
With Low-Fat Ranch Dip or
Hummus
Assorted Fruit

Tuesday, September 25

Breakfast

Low-Fat Yogurt with Granola
Or WG Cereal
Assorted Fruit

Lunch

Nachos made with Seasoned
Ground Turkey & Cheese over
Corn Tortilla Chips
With Salsa & Sour Cream
Corn & Black Bean Salad
Assorted Fruit

Wed., September 26

Breakfast

Sweet Potato Cinnamon Roll
Or WG Cereal
With Low-Fat Cheese Stick
Assorted Fruit

Lunch

Turkey & Cheese
with Lettuce & Tomato on
Goldfish Bread
Cucumber Sticks with
Low-Fat Ranch Dip or
Hummus
Assorted Fruit

DON'T GET!
To make a lunch,
choose at least one

Fruit/Juice or Veggie

Grains Milk Protein

Fruit/Juice and 3-5 items total Vegetables

**GILL-MONTAGUE SCHOOL DISTRICT
FOOD SERVICES**

Thursday, September 20

Breakfast

WG Breakfast Bread or Cereal
with Yogurt &
Assorted Fruit

Lunch

Pulled Pork Sandwich
On a Whole Wheat Roll
Sweet Potato Tots
Cole Slaw
Assorted Fruit

Friday, September 21

Breakfast

WG Muffin or Cereal
With Cheese Stick &
100% Juice or Fruit

Lunch

Cheese Pizza Stick
With Marinara Sauce
Crunchy Roasted Chick Peas
Fresh Broccoli Florets with
Low-fat Ranch Dip or
Hummus
Assorted Fruit

Monday, September 24

Breakfast

Whole Grain Cereal
With Low-Fat Cheese Stick
100% Juice or Fruit

Lunch

Macaroni & Cheese
Whole Wheat Dinner Roll
Carrot & Celery Sticks
With Low-Fat Ranch Dip or
Hummus
Assorted Fruit

Tuesday, September 25

Breakfast

Low-Fat Yogurt with Granola
Or WG Cereal
Assorted Fruit

Lunch

Nachos made with Seasoned
Ground Turkey & Cheese over
Corn Tortilla Chips
With Salsa & Sour Cream
Corn & Black Bean Salad
Assorted Fruit

Wed., September 26

Breakfast

Sweet Potato Cinnamon Roll
Or WG Cereal
With Low-Fat Cheese Stick
Assorted Fruit

Lunch

Turkey & Cheese
with Lettuce & Tomato on
Goldfish Bread
Cucumber Sticks with
Low-Fat Ranch Dip or
Hummus
Assorted Fruit

Thursday, September 27

Breakfast

WG Breakfast Bread
or Cereal
with Low-Fat Yogurt
Assorted Fruit

Lunch

Chicken Patty
With Lettuce & Tomato
on a Whole Wheat Roll
Smiley Fries
Assorted Fruit

Friday, September 28

Breakfast

WG Muffin or Cereal
With Cheese Stick &
100% Juice or Fruit

Lunch

Cheese Pizza Stick
With Marinara Sauce
Crunchy Roasted Chick Peas
Fresh Broccoli Florets with
Low-fat Ranch Dip or
Hummus
Assorted Fruit