

BACK TO SCHOOL Menus for August & September 2018

Great Falls Middle School/ Turners Falls High School

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

Available Daily

BREAKFAST IN THE CAFETERIA
OR
FROM OUR NEW BREAKFAST CART!!!

Monday: Whole Grain Fruit Bread & Cheesestick
Tuesday: Fruit & Yogurt Parfaits with Granola
Wednesday: Egg & Cheese Sandwich
Thursday: Whole Grain Bagel & Yogurt
Friday: Whole Grain Muffin & Cheesestick

Each Breakfast comes with Fresh Fruit or 100% Fruit Juice & Milk

Whole Grain Cereal Available Daily

DON'T 4 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 REGIONAL SCHOOL DISTRICT
 FOOD SERVICES

Join us daily for the original value meal!

All of our complete meals are always

NO CHARGE for all students

with no need to submit an application, thanks to the **Community Eligibility Program!**

Featured Specials of the Day

Thursday, August 30
Back to School Cookout Day!
 Hamburger w/ Cheese
 Seasoned French Fries
 Garlic-Parmesan Broccoli
 Alternate: Hot Dog with Chili

Friday, August 31
 Pizza Variety Day!
 Personal Cheese Pizza with a Variety of Toppings
 Seasoned Green Beans
 Alternate: Pepperoni Pizza Sticks

★ **LABOR DAY** ★

Tuesday, September 4
 Chicken Patty
 On a Whole Wheat Bun
 With Smiley Fries
 & Honey Glazed Carrots
 Alternate: Chicken Wraps

Wednesday, September 5
 Hamburger w/ Cheese
 On a Whole Wheat Bun
 With Lettuce & Tomato
 Tater Tots, Baked Beans & Cole Slaw
 Alternate: Hot Dog

Thursday, September 6
 Chicken Broccoli Alfredo
 Garlic Breadstick
 Seasoned Carrots
 Fresh Veggie Medley with Low-Fat Ranch Dip or Hummus
 Alternate: Build-a-Burger

Friday, September 7
 Pizza Variety Day!
 Personal Cheese Pizza with a Variety of Toppings
 Crunchy Roasted Chick Peas
 Fresh Veggie Medley
 with Low-Fat Ranch Dip or Hummus
 Assorted Fruit
 Alternate: Pepperoni Pizza Sticks

TIME for LUNCH



We're here to serve you,
so please let us know
if there's anything we
can do for you.

HAVE A GREAT YEAR!

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

WELLNESS IS A WAY OF LIFE!

*This year, our menu will again feature regular Wellness tips,
showing how diet, exercise, and taking care of yourself can help
ensure that you stay healthy and at the top of your game!*

Featured Specials of the Day

Monday, September 10

Chicken Patty on a Whole Wheat Bun
With Smiley Fries & Seasoned Green Beans
Alternate: Chicken Wrap

Tuesday, September 11

Philly Steak & Cheese Nachos
With Beans, Peppers & Onions, Salsa & Sour Cream
Alternate: Quesadillas

Wednesday, September 12

HALF DAY!

Order your Grab & Go lunch!

Thursday, September 13

Meatballs & Tomato Sauce Over Ziti
With a Garlic Knot & Garlic-Parmesan Broccoli
Fresh Veggie Medley with Low-Fat Ranch Dip or Hummus
Alternate: Build-a-Burger

Friday, September 14

Pizza Variety Day!
Personal Cheese Pizza with a Variety of Toppings
Crunchy Roasted Chick Peas
Fresh Veggie Medley with Low-Fat Ranch Dip or Hummus
Alternate: Pepperoni Pizza Sticks

Featured Specials of the Day

Monday, September 17

KFC Chicken Bowl!
Popcorn Chicken, Mashed Potatoes, Corn & Gravy
With Green Beans & a Whole Wheat Dinner Roll
Alternate: Chicken Wraps

Tuesday, September 18

Chicken Fajitas with Beans & Rice, Salsa & Sour Cream
Alternate: Quesadillas

Wednesday, September 19

French Toast Sticks with Syrup or Fruit Topping
Sausage & Smiley Fries & Honey Glazed Carrots
Alternate: Hot Dog

Thursday, September 20

Chicken Patty with Tomato Sauce & Mozzarella Cheese
Over Pasta With Garlic -Parmesan Broccoli
Alternate: Build-a Burger

Friday, September 21

Pizza Variety Day
Personal Cheese Pizza with a Variety of Toppings
With Crunchy Roasted Chick Peas
Fresh Veggie Medley with Low-Fat Ranch Dip or Hummus
Alternate: Pepperoni Pizza Sticks

Available Daily

**A variety of Fresh Fruits
And Vegetables are available with
every meal!**

Daily Alternate Meals Include

***Fresh Salad Bar**

***Deli Sandwiches**

***Peanut Butter & Jelly/Fluff**

***Bagel & Yogurt Box**

Featured Specials of the Day

Monday, September 24

Chicken Fingers & Dip With French Fries
With Corn, Green Beans & a Dinner Roll
Alternate: Chicken Wrap

Tuesday, September 25

Seasoned Turkey Meat & Cheese in a Soft Tortilla
with Rice, Beans, Corn & Diced Tomatoes With Salsa & Sour Cream
Alternate: Quesadilla

Wednesday, September 26

Hamburger w/ Cheese On a Whole Wheat Bun With Lettuce & Tomato
Tater Tots, Baked Beans & Cole Slaw
Alternate: Hot Dog

Thursday, September 27

Chicken & Broccoli Alfredo
With Garlic Knot & Steamed Carrots
Alternate: Build-a-Burger

Friday, September 28

Pizza Variety Day!
Your choice of toppings on a Personal Cheese Pizza
With Crunchy Roasted Chick Peas
Fresh Veggie Medley with Low-Fat Ranch Dip or Hummus
Alternate: Pepperoni Pizza Sticks

Remembering our Heroes on
September 11, and showing our
support for them all year round.



**Please see reverse for
items available daily**