

# Gilford School District

Monday	Tuesday	Wednesday	Thursday	Friday
May - 3 Grilled Chicken Sand Broccoli Flowerets Fresh Apples Milk, Chocolate FF	May - 4 Ham Sandwich Cucumber Slices Mixed Fruit Milk, 1%White	May - 5 Chicken Burger Carrot Sticks Banana Milk, Chocolate FF	May - 6 French Bread Pizza Veggie Sticks Mixed Fruit Milk, 1%White	May - 7 Turkey Sandwich Spicy Roasted Chickpeas Orange Wedges Milk, Chocolate FF
May - 10 Grilled Cheese Sandwich Carrot Sticks Orange Wedges Milk, Chocolate FF	May - 11 Alternate Lunch Sunbutter Sandwich Cucumber Slices Mixed Fruit Milk, 1%White	May - 12 Dinner Roll Chicken Nuggets Brown Rice Green Beans Banana Milk, Chocolate FF	May - 13 Tuna Sandwich Broccoli Flowerets Spicy Roasted Chickpeas Applesauce Milk, 1%White	May - 14 Stuffed Crust Pizza Veggie Sticks Raisins Milk, Chocolate FF
May - 17 French Toast Sticks Sausage Link Broccoli Flowerets Fresh Apples Milk, Chocolate FF	May - 18 Ham Sandwich Cucumber Slices Mixed Fruit Milk, 1%White	May - 19 Chicken Burger Carrot Sticks Banana Milk, Chocolate FF	May - 20 French Bread Pizza Veggie Sticks Mixed Fruit Milk, 1%White	May - 21 Cheeseburger Spicy Roasted Chickpeas Orange Wedges Milk, Chocolate FF
May - 24 Grilled Cheese Sandwich Carrot Sticks Orange Wedges Milk, Chocolate FF	May - 25 Beef Burrito Cucumber Slices Mixed Fruit Milk, 1%White	May - 26 Chicken Nuggets Brown Rice Green Beans Banana Milk, Chocolate FF	May - 27 Tuna Sandwich Broccoli Flowerets Spicy Roasted Chickpeas Applesauce Milk, 1%White	May - 28 Personal Cheese Pizza Veggie Sticks Raisins Milk, Chocolate FF
May - 31 Dinner Roll Popcorn Chicken Brown Rice Peas Orange Wedges Milk, Chocolate FF				

This Institution is an equal opportunity provider.  
In school and remote meals are served AT NO CHARGE until June 30, 2021

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**