

SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods. Luckily, there's a cure for this condition: can you say fresh fruit?



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

Breakfast, Salad and Vegetarian Choices

Monday

French Toast Sticks and Sausage
Southwestern Chicken Salad
Vegetarian Hot Pocket

Tuesday

Sausage and Pancake on Stick
Chef Salad
Vegetarian Chili with Chips

Wednesday

Breakfast Pizza Pocket
Country Chicken Salad
Garden Burger

Thursday

Omelet and Toast
Chef Salad
Vegetable Sub

Friday

Cinnamon Toast
Asian Chicken Salad
Grilled Cheese and Yogurt

May 1
Soft Taco with Chicken or Beef
May 2
Beef-A-Roni
May 3
Roasted Chicken
May 4
Steak-um on Bun
May 7
Spaghetti with Meat Sauce
May 8
Corn Dog
May 9
Spicy Chicken Fingers
May 10
Oven Fried Chicken
May 11
Meatball Sub
May 14
GMS Bowl
May 15
Cheese Quesadilla
May 16
Teriyaki Chicken over Rice
May 17
Baked Chicken
May 18
Hot Dog with Cheese on Bun
May 21
Breakfast for Lunch
May 22
Chicken Fajita
May 23
Fish Sticks with Macaroni and Cheese
May 24
Breaded Chicken
May 25
Pork Bar-B-Que on Bun
May 29
Chili Cheese Fries
May 30
Beef and Peppers over Rice
May 31

MENUS FOR MAY 2012



Gildersleeve Middle

This institution is an equal opportunity provider.

Available Daily!

Crispy and Spicy Chicken Sandwiches
Nachos with Chili and Cheese
Chicken Nuggets
Pizza
Hamburgers and Cheeseburgers
Peanut Butter and Jelly Uncrustable
Sub Sandwiches
Sandwich of the Day
Hot and Cold Vegetables
Fresh Fruit and Fruit Cup
Low-Fat or Skim Milk