





**Gouverneur Middle School Lunch Menu - JANUARY 2019**  
(Menu Subject to Change Without Notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7 <b>(1) Cheeseburger</b> on Whole Wheat Roll Sweet Potato Fries Chilled Peaches &amp; Milk</p> <p><b>OR (2) Turkey Sandwich</b></p>	<p>8 <b>(1) Grilled Cheese Sandwich</b>  Tomato Soup Steamed Corn Chilled Mixed Fruit &amp; Milk</p> <p><b>OR (2) Turkey Sandwich</b></p>	<p>9 <b>(1) Whole Wheat Pizza</b> Three Bean Salad Chilled Peaches &amp; Milk</p> <p><b>OR (2) Turkey Sandwich</b></p>	<p>10 <b>(1) Chicken Caesar Salad</b> with Cheese Breadstick String Cheese Stick Chilled Applesauce &amp; Milk</p> <p><b>OR (2) Turkey Sandwich</b></p>	<p>11 <b>(1) Boneless Chicken Wings</b> Rice Pilaf Carrots &amp; Celery Sticks Chilled Peaches &amp; Milk</p> <p><b>OR (2) Turkey Sandwich</b></p>
<p>14 <b>(1) Cheese Ravioli</b> Seasoned Green Beans Breadstick Chilled Applesauce Cup &amp; Milk</p> <p><b>OR (2) Bologna Sandwich</b></p>	<p>15 <b>(1) Popcorn Chicken</b> Whole Wheat Dinner Roll Black Bean Salad Chilled Applesauce &amp; Milk</p> <p><b>OR (2) Bologna Sandwich</b></p>	<p>16 <b>(1) Whole Wheat Pizza</b> Steamed Broccoli Chilled Peaches &amp; Milk</p> <p><b>OR (2) Bologna Sandwich</b></p>	<p>17 <b>(1) Chicken &amp; Biscuits</b> Mashed Potatoes Steamed Broccoli Chilled Mixed Fruit &amp; Milk</p> <p><b>OR (2) Bologna Sandwich</b></p>	<p>18 <b>1/2 Day Staff Development</b></p> <p> <b>Bag Lunch</b></p>
<p>21 <b>NO SCHOOL</b> <b>Martin Luther King Jr. Day</b></p>	<p>22 <b>(1) Hamburger on Whole Wheat Roll</b> French Fries Chilled Mixed Fruit &amp; Milk</p> <p><b>OR (2) Ham Sandwich</b> </p>	<p>23 <b>(1) Whole Wheat Pizza</b> Three Bean Salad Chilled Peaches &amp; Milk</p> <p><b>OR (2) Ham Sandwich</b></p>	<p>24 <b>(1) Loaded Potato Bowl</b> (Popcorn Chicken, Mashed Potatoes, Cheddar Cheese) Steamed Corn, Biscuit Chilled Peaches &amp; Milk</p> <p><b>OR (2) Ham Sandwich</b></p>	<p>25 <b>(1) Mac &amp; Cheese</b> Garlic Breadstick Red Pepper Strips Chilled Applesauce &amp; Milk</p> <p><b>OR (2) Ham Sandwich</b></p>
<p>28 <b>(1) Philly Cheese Steak</b> Waffle Fries Fruit Cup &amp; Milk</p> <p><b>OR (2) Turkey Sandwich</b></p>	<p>29 <b>(1) Chicken Parmesan Sandwich</b> Steamed Carrots Chilled Applesauce &amp; Milk</p> <p><b>OR (2) Turkey Sandwich</b></p>	<p>30 <b>(1) Whole Wheat Pizza</b> Caesar Salad Chilled Peaches &amp; Milk</p> <p><b>OR (2) Turkey Sandwich</b> </p>	<p>31 <b>(1) Pasta with Meat Sauce</b> Iceberg Garden Salad Chilled Mixed Fruit &amp; Milk</p> <p><b>OR (2) Turkey Sandwich</b></p>	
<p><u><b>Monday Lunch Alternates</b></u> (3) PB&amp;J Sandwich (4) Chicken Nuggets w/Breadstick</p>	<p><u><b>Tuesday Lunch Alternates</b></u> (3) PB&amp;J Sandwich (4) Baked Haddock Sandwich</p>	<p><u><b>Wednesday Lunch Alternates</b></u> (3) PB&amp;J Sandwich (4) Chef Salad w/Breadstick</p>	<p><u><b>Thursday Lunch Alternates</b></u> (3) PB&amp;J Sandwich (4) Chicken Burger on WW Roll</p>	<p><u><b>Friday Lunch Alternates</b></u> (3) PB&amp;J Sandwich (4) Soft Tacos with Lettuce &amp; Cheese</p>
<p><u><b>Monday Breakfast Alternates</b></u> French Toast Sticks w/Syrup</p>	<p><u><b>Tuesday Breakfast Alternates</b></u> Pancakes w/Syrup</p>	<p><u><b>Wednesday Breakfast Alternates</b></u> Mini Cinnamon Rolls</p>	<p><u><b>Thursday Breakfast Alternates</b></u> Frudel</p>	<p><u><b>Friday Breakfast Alternates</b></u> Breakfast Pizza</p>

**FREE BREAKFAST FOR ALL STUDENTS: Assorted Cereals, Mini Donuts (T & Th), Fruit, 100% Fruit Juice & Milk**  
**Available Daily with Lunch: Assorted Juice on Tuesday & Thursday, Milk, Assorted Fresh Fruit & Vegetables**  
**A'la Carte Snacks (when Available) Low Fat Ice Cream, Baked Chips, Water, Rice Krispie Treats, Cheetos, Fruit by the Foot \$\$.30-\$1.50**

**Prices: Gr. 5-8**  
**Breakfast FREE**  
**Lunch - \$1.00**  
**Reduced Price Lunch—FREE**  
**Milk—\$0.45**