

Gilman School Sample Box Lunch Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Hot	Beef Cheesesteak	Chicken Nuggets	Grilled Ham & Cheese	Hamburger	Penne Pasta w/ Meat sauce
Cold	Turkey and Swiss Kaiser	Italian Cold Cut	Salami and Cheese Sub	Turkey Bagel	Roast Beef & Provolone Sandwich
Side	Multigrain chips	Caesar Salad	Nacho chips	Pretzels	Garden Salad
Vegetarian	Cheese Quesadilla	Portobello Mushroom Slider	Grilled Three Cheese and Tomato	Vegetable Burger	Vegetable Wrap
Fruit	Apple sauce	Orange	Banana	Fruit Cup	Orange
week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Hot	Beef Taco	Chicken Sandwich	Cheeseburger	Pizza Bagel	Beef Hot Dog
Cold	Chicken Salad Sub	Roast Beef and Cheddar	Turkey Bagel Sandwich	Turkey and Cheese Sub	Three Cheese Sandwich
Side	Nacho Chips	Caesar Salad	Sun Chips	Pretzels	Garden Salad
Vegetarian	Vegetable Taco	Roasted Vegetable, Mozz Cheese on Ciabatta	Vegetable Quesadilla	Vegetarian Wrap	Garden Burger
Fruit	Apple sauce	Orange	banana	Pineapple chunks	Orange
week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Hot	Turkey Melt	Chicken Tenders	Cheese Tortellini	Chicken Cheesesteak	Cheese Pizza
Cold	Italian Cold Cut	Roasted Beef & Swiss Sub	Turkey & Swiss Sub	Chicken Salad Sub	Ham and Cheese Sub

Side	Garden Salad	Caesar Salad	Multigrain chips	Pretzels	Garden Salad
Vegetarian	Grilled Tomato & Chs on Focaccia	Garden Burger	Three Grilled Cheese	Tofu Cheesesteak	Cheese Pizza
Fruit	Banana	Apple sauce	Jello Cup	Fruit Cup	Orange
week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Hot	Cheeseburger	Chicken Tenders	Chicken Taco	Cheese Pizza	Sloppy Joe
Cold	Choice of Ham, Turkey or Salami on a Kaiser	Turkey Bagel	Chicken Salad Sub	Ham and Cheese on a Kaiser	Three Cheese Sandwich
Side	Sun Chips	Caesar Salad	Nacho Chips	Garden Salad	Side Salad
Vegetarian	Bean Burger	Spinach Pie	Bean & Vegetable Burrito	Vegetable & Cheese Wrap	Tofu Vegetable Wrap
Fruit	Pineapple chunks	Apple Sauce	Banana	Fruit Cup	Orange

SAMPLE

Gluten-free breads, taco shells, and rolls will be available to students who require gluten-aware diets.

Students are encouraged to bring a reusable water bottle to school each day.

Each lunch will include a juice cup.

Cartons of milk will be available.