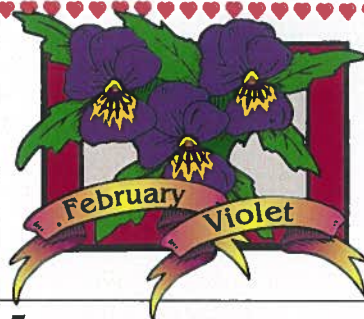


Gouverneur Central Elementary Lunch Menu - FEBRUARY 2012

(Subject to Change Without Notice)

Daily Breakfast Choices:

Mon: Waffle
 Tues: Yogurt w/Graham Cracker
 Wed: Breakfast Pizza
 Thurs: Yogurt w/Graham Cracker
 Fri: Pancake
 Milk & Juice Everyday



1
 Chicken Nuggets w/ Flavored Rice

OR

Ham Sandwich

Both Served with: Seasoned Green Beans
 Chilled Pears

2
 Hot Dog on Wheat Bun
 OR
Turkey Sandwich

Both Served with: French Fries
 Chilled Peaches

3
 Mexican Pizza
 OR
Cheese Sandwich



Both Served with: Celery Sticks
 w/PB Dip
 Chilled Mixed Fruit

6
 Grilled Cheese Sandwich
 OR
Ham Sandwich
 Both Served with: Tomato Soup w/
 Gold Fish Crackers
 Chilled Peaches

7
 French Toast w/Syrup
 OR
Assorted Cereal
 Both Served with: Sausage Patty
 Hash Brown
 Warm Cinnamon
 Applesauce

8
Turkey or Bologna Sub
 w/Cheese, Lettuce, Tomato &
 Mayo
 Baked Chips
 Banana



9
 Chickenburger on Wheat Bun
 OR
Turkey Sandwich
 Both Served with: Potato Rounds
 Chilled Mixed Fruit

10
 Personal Pan Pizza
 OR
Cheese Sandwich
 Both Served with: Whole Kernel Corn
 Chilled Pears

13
 Hot Dog on Wheat Bun
 OR
Ham Sandwich
 Both Served with: Potato Rounds
 Chilled Mixed Fruit



14 Valentine's Day
 Cheeseburger on Wheat Bun
 OR
Bologna Sandwich
 Both Served with: Baked Chips
 Pickle Chips
 Chilled Peaches

15
 Macaroni & Cheese
 OR
Turkey Sandwich
 Both Served with: Whole Kernel Corn
 Chilled Applesauce

16
 Chicken Parmesan over Spaghetti
 OR
Ham Sandwich
 Both Served with: Seasoned Green Beans
 Chilled Pears

17
Pepperoni Pizza
 Assorted Vegetables
 Assorted Fruit



20
PRESIDENTS' DAY



24
RECESS

MID-WINTER

27
 Grilled Cheese Sandwich
 OR
Ham Sandwich
 Both Served with: Tomato Soup w/
 Gold Fish Crackers
 Chilled Peaches

28
 Chicken Nuggets w/Flavored Rice
 OR
Bologna Sandwich
 Both Served with: Whole Kernel Corn
 Chilled Pears

29
 Hot Dog on Wheat Bun
 OR
Turkey Sandwich
 Both Served with: Seasoned Green Beans
 Chilled Mixed Fruit

Served Daily: 1% or Skim Milk & 1% Chocolate Milk
 PB & Jelly Sandwich, Assorted Fruit & Vegetables
M - W - F: Wheat Bread & Margarine

Cost of Full Price Meals:
 Breakfast \$1.00 - Lunch \$1.55
 Please—No Canadian Money