

GATES COUNTY SCHOOL NUTRITION MENU

FEBRUARY 2023

FRESH FRUIT SERVED DAILY

Gates County Public Schools School Nutrition Menu

Second Choice Offerings:

Monday Chef Salad

Tuesday Grilled Chicken Salad

Wednesday PB & J Sandwich

Thursday Deli Munch Pack

Friday PB & J Sandwich

Peanut Butter and Jelly Sandwiches available upon request

Meal Pattern Daily Offerings

| Food Comp | Breakfast | Lunch |
|-------------------------|-----------|--------------|
| Milk | 8oz | 8oz |
| Vegetable/ Fruit | ½ cup | ½ + ½ = 1Cup |
| Grains | 1grain | 1grain |
| Meat/ Meat Alternate | 1oz | 2oz |



Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|---|--|---|---|--|
| | | <p>1 Breakfast Chicken Biscuit Fruit Juice /Peach Cup Cold Milk Lunch Pepperoni Pizza Sweet Potato Waffle Cut Green Beans Sliced Apples Cold Milk</p> | <p>2 Breakfast Blueberry Muffin Fruit Juice /Diced Pears Cold Milk Lunch Chicken Fajita Wrap Whole Kernel Corn Black Beans Fruit Cocktails Cold Milk</p> | <p>3 Breakfast Super Donut Fruit Juice /Fresh Orange Wedges Cold Milk Lunch CornDog Nuggets Sweet Potato Fries Green Peas Diced Peaches Cold Milk</p> |
| <p>6 Breakfast Bacon & Egg Cheese Biscuit Fruit Juice/ Applesauce Cold Milk Lunch Hot Ham & Cheese on Croissant Sweet Potato Wedges Steamed Broccoli Fruit Cocktails Cold Milk</p> | <p>7 Breakfast Strawberry Cream Cheese Bagel Fruit Juice/ /Strawberry Cup Cold Milk Lunch Pepperoni Pizza (Hotdog on Bun CMS & GCHS) French Fries Whole Kernel Corn Sliced Pears Cold Milk</p> | <p>8 Breakfast Sausage & Egg Biscuit Fruit Juice/Fresh Orange Wedges Cold Milk Lunch Vegetable Beef Soup Grilled Cheese Toast Green Beans Sliced Carrots Baked Apples Cold Milk</p> | <p>9 Breakfast Super Donut Fruit Juice /Applesauce Cold Milk Lunch Stromboli w/ Marinara Sauce Whole Kernel Corn Black Beans Pineapple Tidbits Cold Milk</p> | <p>10 Breakfast Waffles Fruit Juice /Sliced Pears Cold Milk Lunch Sloppy Jo on Bun Green Peas Glazed Carrots Sliced Peaches Cold Milk</p> |
| <p>13 Breakfast Ham & Cheese Biscuit Fruit Juice /Applesauce Cold Milk Lunch Deli Turkey & Cheese on Bun French Fries Whole Kernel Corn Diced Peaches Cold Milk</p> | <p>14 Breakfast Confetti Pancakes/ Sausage Fruit Juice/Pineapple Tidbits Cold Milk Lunch Baked Spaghetti w/ Sauce Glazed Carrots Steamed Broccoli Fruit Cocktails Cold Milk</p> | <p>15</p> | <p>16 Breakfast Bacon & Egg Biscuit Fruit Juice/ Sliced Oranges Cold Milk Lunch Buffalo Chicken Wings Garlic Roll Sweet Potato Fries Creamy Coleslaw Sliced Pears Cold Milk</p> | <p>17 Breakfast Breakfast Pizza Fruit Juice/ Applesauce Cold Milk Lunch Taco Salad w/ Tortilla Chips w/ Cheese Whole Kernel Corn Black Beans Fruit Cocktails Cold Milk</p> |
| <p>20 Breakfast Sausage Biscuit Fruit Juice / Diced Pears Cold Milk Lunch Vegetable Fried Rice w/ Chicken /Wheat Roll Glazed Carrots Green Peas Sliced Peaches Cold Milk</p> | <p>21 Breakfast French Toast Fruit Juice /Applesauce Cold Milk Lunch Bacon Cheeseburger on Bun Sweet Potato Waffle Cut Baked Beans Fruit Cocktails Cold Milk</p> | <p>22 Breakfast Super Donut Fruit Juice/ Pineapple Tidbits Cold Milk Lunch Chicken Fajita Wraps w/ Cheese Crinkle Cut French Fries Whole Kernel Corn Diced Peaches Cold Milk</p> | <p>23 Breakfast Sliced Banana Bread Fruit Juice/ Raisins Cold Milk Lunch Spaghetti w/ Meat sauce/Garlic Roll Steamed Spinach Glazed Carrots Fruit Salad Cold Milk</p> | <p>24 Breakfast Confetti Pancakes/Sausage Fruit Juice /Diced Peaches Cold Milk Lunch Hotdog on Roll Sweet Potato Tots Mixed Vegetables Applesauce Cold Milk</p> |
| <p>27 Breakfast Pancake Sausage on Stick Fruit Juice/ Applesauce Cold Milk Lunch Pepperoni Pizza (Chicken Sandwich CMS & GCHS) French Fries Steamed Broccoli Sliced Peaches Cold Milk</p> | <p>28 Breakfast Chicken Biscuit Fruit Juice/Fresh Orange Wedges Cold Milk Lunch Hamburger Steak W/ Gravy Wheat Roll Steamed Rice Green Beans Baked Apples Cold Milk</p> | | | |