

GATES COUNTY SCHOOL NUTRITION MENU

MAY 2025

FRESH FRUIT SERVED DAILY

Gates County Public Schools School Nutrition Menu



Second Choice Offerings:

Monday Mozzarella Stick w/ Sauce

Tuesday Peanut Butter & Jelly Sandwich

Wednesday Ham & Cheese Wrap w/ Chips & Veggies

Thursday Peanut Butter and Jelly Sandwich

Friday Mozzarella Sticks w/ Sauce

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
			1 Breakfast Super Donut Fruit Juice/Applesauce Cold Milk Lunch Baked Lasagna Garlic Stick Whole Kernel Corn Green Beans Sliced Peaches/Cold Milk	2 Breakfast French Toast/Bacon Fruit Juice/ Strawberry Cup Cold Milk Lunch Chicken Philly Sub on Roll Blackeye Peas Steamed Carrots Fruit Salad /Cold Milk
5 Breakfast Pancake Sausage on Stick Fruit Juice/Pineapple Tidbits Cold Milk Lunch Stuffed Crust Pizza (Mgr. Choice- CMS & GCHS) Sweet Potato Fries Steamed Broccoli Diced Pears / Cold Milk	6 Breakfast Super Donut Fruit Juice /Applesauce/ Cold Milk Lunch Spaghetti w/ Meat Sauce Wheat Roll Glazed Carrots Green Peas Sliced Peaches Cold Milk	7 Breakfast Chicken Biscuit Fruit Juice/ Orange Wedges/ Cold Milk Lunch Oven Roasted Chicken Corn Muffin Mixed Vegetables Whole Kernel Corn Baked Apples /Cold Milk	8 Breakfast Yogurt Parfaits w/ Fruit Fruit Juice/ Fruit Sorbet/ Cold Milk Lunch Chicken Alfredo w/Broccoli Garlic Stick Glazed Carrots Fruit Salad /Cold Milk	9 Breakfast French Toast/Sausage Fruit Juice/Applesauce/Cold Milk Lunch Bacon Cheeseburger Baked Beans French Fries Sliced Peaches Cold Milk
12 Breakfast Belgium Waffle/Bacon Fruit Juice/Diced Pears Cold Milk Lunch Pepperoni Pizza (Mgr. Choice -CMS & GCHS) Steamed Broccoli Sliced Carrots Applesauce/Cold Milk	13 Breakfast Super Donut Fruit Juice/Peach Cup Cold Milk Lunch Chicken Fajita Wrap w/Lettuce, Tomato, Cheese Sweet Potato Fries Black Beans Fruit Salad/Cold Milk	14 Breakfast Yogurt Parfait w/ Fruit Fruit Juice/Fruit Sorbet Cold Milk Lunch Ham & Cheese on Bun Pasta Salad French Fries Applesauce Cup Cold Milk	15 Breakfast Sausage Biscuit Fruit Juice /Applesauce/Cold Milk Lunch Spaghetti w/ Meat Sauce /Wheat Roll Whole Kernel Corn Steamed Spinach Cold Milk	16 Breakfast Chicken Biscuit Fruit Juice/Pears/Cold Milk Lunch Grilled Chicken Strip Wrap w/ Corn & Black Bean /Cheese Baby Carrots w/ Ranch Dip Delicious Apple Cold Milk
19 Breakfast Blueberry Muffin Fruit Juice/Applesauce Cold Milk Lunch Hamburger Steak w/ Gravy Wheat Roll Blackeye Peas Potato Pearls Fruit Salad /Cold Milk	20 Breakfast Pancake Sausage on Stick Fruit Juice/Diced Peaches Cold Milk Lunch Stromboli w/ Sauce Whole Kernel Corn Steamed Spinach Baked Apples Cold Milk	21 Breakfast Super Donut Fruit Juice/Fruit Sorbet Cold Milk Lunch Pepperoni Pizza (Mgr. Choice- CMS & GCHS) Sweet Potato Fries Mixed Vegetables Diced Pears Cold Milk	22 Breakfast Belgium Waffles Fruit Juice/Applesauce Cold Milk Lunch Chicken Philly Sub on Roll Sweet Potato Wedges Green Beans Sliced Peaches /Cold Milk	23 Breakfast Cream Cheese Bagel Fruit Juice/Strawberry Cup Cold Milk Lunch Hot Ham and Cheese on Bun Smiley French Fries Sliced Carrots Diced Pears Cold Milk
26 	27 Breakfast Chicken Biscuit Fruit Juice/Pineapples Cold Milk Lunch Bacon Cheeseburger Sweet Potato Tots Baked Beans Fruited Gelatin Cold Milk	28 Breakfast Super Donut Fruit Juice/Applesauce Cold Milk Lunch Corndog Nuggets French Fries Green Peas Sliced Apples Cold Milk	29 Breakfast Manager's Choice Fruit Juice/Peach Cup Cold Milk Lunch Pepperoni Pizza (Mgr. Choice-CMS & GCHS) Steamed Broccoli Sliced Carrots Applesauce/Cold Milk	30 Breakfast Manager's Choice Fruit Juice/Diced Pears Cold Milk Lunch Manager's Choice