

# GATES COUNTY SCHOOL NUTRITION MENU

## OCTOBER 2022

### Gates County Public Schools School Nutrition Menu

### Fresh Fruit Served Daily



**SECOND CHOICE OFFERINGS:**

- Monday Deli Ham & Cheese Munch Pack
- Tuesday Chef Salad
- Wednesday Deli Turkey Wrap Munch Pack
- Thursday Peanut Butter and Jelly Sandwich
- Friday Chicken Salad Munch Pack

Pizza Served Daily as Second Choice @ Central Middle and Gates County High School.

Peanut Butter and Jelly Sandwiches available upon request @ all Schools.

**National School Lunch Week  
October 10-14, 2022**



**Meal Pattern Daily Offerings**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 Breakfast</b> Sausage Biscuit Fruit Juice Applesauce Cup Cold Milk <b>Lunch</b> Chili Hotdog on Roll Crinkle Cut French Fries Baked Beans Diced Peaches Cold Milk	<b>4 Breakfast</b> Banana Muffin Fruit Juice Pineapple Tidbits Cold Milk <b>Lunch</b> Hamburger Steak w/ Gravy Wheat Roll Macaroni and Cheese Steamed Broccoli Sliced Peaches Cold Milk	<b>5 Breakfast</b> Chicken Waffle Fruit Juice Applesauce Cold Milk <b>Lunch</b> Stromboli w/ Dipping Sauce Sweet Potato Wedges Green Beans Sliced Orange Wedges Cold Milk	<b>6 Breakfast</b> Super Donut Fruit Juice Diced Peaches Cold Milk <b>Lunch</b> Pepperoni Pizza (Grilled Chicken Sand@ CMS & GCHS) Sweet Potato French Fries Whole Kernel Corn Delicious Apple Cold Milk	<b>7 Breakfast</b> French Toast Sticks & Sausage Fruit Juice Sliced Peaches Cold Milk <b>Lunch</b> Deli Turkey & Cheese Sub Sandwich Baby Carrots Pasta Salad Applesauce Cold Milk
<b>10 Breakfast</b> Pancake Chicken Sausage Fruit Juice Cranberry Raisins Cold Milk <b>Lunch</b> Chicken Fajita Wrap Lettuce, Tomato, Cheese Whole Kernel Corn Glazed Carrots Sliced Peaches Cold Milk	<b>11 Breakfast</b> Cinnamon Bun Fruit Juice Strawberry Cup Cold Milk <b>Lunch</b> Pepperoni Pizza (Hotdogs @ CMS & GCHS) Sweet Potato Tots Steamed Broccoli Diced Peaches Cold Milk	<b>12 Breakfast</b> Sliced Banana Bread Fruit Juice Applesauce Cold Milk <b>Lunch</b> Chicken Rice Soup Wheat Roll Glazed Carrots Mixed Vegetables Sliced Peaches Cold Milk	<b>13 Breakfast</b> Confetti Pancakes/ Sausage Fruit Juice Pineapple Tidbits Cold Milk <b>Lunch</b> Bacon Cheeseburger w/ Chili French Fries Baked Beans Fruited Gelatin Cold Milk	<b>14 Breakfast</b> Dutch Waffles Fruit Juice Cinnamon Applesauce Cold Milk <b>Lunch</b> Grilled Chicken Strip Wrap Lettuce/Tomato/Cheese Sweet Potato Fries Whole Kernel Corn Sliced Peaches Cold Milk
<b>17 Breakfast</b> Super Donut Fruit Juice Cranberry Raisins Cold Milk <b>Lunch</b> Corndog Nuggets Whole Kernel Corn Steamed Spinach Sliced Peaches Cold Milk	<b>18 Breakfast</b> Chicken Waffle Fruit Juice Applesauce Cold Milk <b>Lunch</b> Spaghetti w/ Meat Sauce Corn Muffin /Carrots Green Peas Baked Apples/Cold Milk	<b>19 Breakfast</b> Lemon Bread Fruit Juice Pineapple Tidbits Cold Milk <b>Lunch</b> Pizza Burger Sweet Potato Fries Mixed Vegetables Diced Peaches/Cold Milk	<b>20 Breakfast</b> Pancakes and Sausage Fruit Juice Fresh Banana Cold Milk <b>Lunch</b> Grilled Chicken Sandwich w/ Bacon Creamy Cole Slaw Baked Beans Peaches/Cold Milk	<b>21 Breakfast</b> Chicken Biscuit Fruit Juice Sliced Orange Wedges Cold Milk <b>Lunch</b> Turkey Tacos w/ Nacho Chips Sweet Potato Tots Whole Kernel Corn Applesauce/Cold Milk
<b>24 Breakfast</b> Pancake Sausage on Stick Fruit Juice Applesauce Cold Milk <b>Lunch</b> Sloppy Joe on Bun French Fries Creamy Coleslaw Baked Apple/Cold Milk	<b>25 Breakfast</b> Chocolate Chip Muffin Fruit Juice Sliced Peaches Cold Milk <b>Lunch</b> Calzone Cheese Pizza w/ Dipping Sauce Sweet Potato Puffs Steamed Broccoli Diced Peaches /Cold Milk	<b>26 Breakfast</b> Breakfast Pizza Fruit Juice Pineapple Tidbits Cold Milk <b>Lunch</b> Baked Lasagna Garlic Roll Glazed Carrots Green Peas Sliced Peaches /Cold Milk	<b>27 Breakfast</b> Waffles Fruit Juice Applesauce Cold Milk <b>Lunch</b> BBQ Rib Pattie on Bun Corn on the Cob Baked Beans Baked Apples /Cold Milk	<b>28 Breakfast</b> Confetti Pancakes & Sausage Fruit Juice/ Pineapple Tidbits Cold Milk <b>Lunch</b> Deli Turkey Sandwich on Croissant Roll Pasta Salad Baby Carrots Fruit Cocktails /Cold Milk
<b>31</b> <b>Teacher Workday</b>				