

# GATES COUNTY SCHOOL NUTRITION MENU

JANUARY 2022

FRESH FRUIT SERVED DAILY

## Gates County Public Schools School Nutrition Menu



**Second Choice Offerings:**

- Monday Grilled Chicken Salad**
- Tuesday Peanut Butter & Jelly Sandwich**
- Wednesday Deli Munch Pack**
- Thursday Peanut Butter and Jelly Sandwich**
- Friday Managers Choice**

**Peanut Butter and Jelly Sandwiches available upon request**

**Meal Pattern Daily Offerings**

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3 Breakfast</b> Pancake Mini Confetti Fruit Juice /Strawberry Fruit Cup Cold Milk <b>Lunch</b> Chicken Nuggets / Roll Smiley French Fries Glazed Carrots Applesauce Cup Cold Milk</p>	<p><b>4 Breakfast</b> Chicken Biscuit Fruit Juice/Orange Wedges Cold Milk <b>Lunch</b> Hotdog on Bun/ Chili - Optional Sweet Potato Wedges Baked Beans Diced Pears Cold Milk</p>	<p><b>5 Breakfast</b> Pancake Sausage on Stick Fruit Juice/Pineapple Tidbits Cold Milk <b>Lunch</b> BBQ Oven Roast Chicken/Rolls Coleslaw Macaroni and Cheese Fruit Cocktails Cold Milk</p>	<p><b>6 Breakfast</b> Super Donut Fruit Juice/Applesauce Cold Milk <b>Lunch</b> Spaghetti w/ Meat Sauce Corn Muffin Whole Kernel Corn Green Beans Sliced Peaches Cold Milk</p>	<p><b>7 Breakfast</b> French Toast/Sausage Fruit Juice/ Orange Wedge Cold Milk <b>Lunch</b> Stuffed Crust Pepperoni Pizza Sweet Potato Fries Steamed Broccoli Diced Pears Cold Milk</p>
<p><b>10 Breakfast</b> Sausage Biscuit Fruit Juice/Fruit Cocktails/ Cold Milk <b>Lunch</b> Deluxe Crispy Chicken Sandwich Sweet Potato Fries Steamed Broccoli w Cheese Pineapple Tidbits Cold Milk</p>	<p><b>11 Breakfast</b> Pumpkin Bread Fruit Juice / Pears/ Cold Milk <b>Lunch</b> Chili w/ Beans Corn Muffin Glazed Carrots Green Peas Sliced Peaches Cold Milk</p>	<p><b>12 Breakfast</b> Super Donut Fruit Juice/ Orange Wedges/ Cold Milk <b>Lunch</b> Stromboli w/ Sauce Steamed Spinach Whole Kernel Corn Diced Peaches Cold Milk</p>	<p><b>13 Breakfast</b> French Toast Fruit Juice/ Fresh Banana / Cold Milk <b>Lunch</b> Chicken and Waffles Steamed Broccoli Mixed Vegetables Fruit Cocktails Cold Milk</p>	<p><b>14 Breakfast</b> Strawberry Cream Cheese Bagel Fruit Juice/Applesauce/Cold Milk <b>Lunch</b> Pepperoni Pizza Sweet Potato Tots Green Peas Sliced Peaches Cold Milk</p>
<p>17 <b>Holiday</b></p>	<p>18 <b>Optional Workday</b></p>	<p>19 <b>Optional Workday</b></p>	<p><b>20 Breakfast</b> Pancake Mini Confetti Fruit Juice/Applesauce/Cold Milk <b>Lunch</b> Chicken Nuggets /Roll Sweet Potato Tots Mixed Vegetables Fruit Cocktails Cold Milk</p>	<p><b>21 Breakfast</b> Chicken Biscuit Fruit Juice/Pears/Cold Milk <b>Lunch</b> Deli Turkey &amp; Cheese on Croissant Lettuce, Tomato, Pickles Baby Carrots w/ Ranch Dip Delicious Apple/Chips Cold Milk</p>
<p><b>24 Breakfast</b> Blueberry Muffin Fruit Juice/Applesauce Cup Cold Milk <b>Lunch</b> Corn dog Nuggets/ Roll Broccoli / Cheese Sauce Sliced Carrots Fruit Cocktails Cold Milk</p>	<p><b>25 Breakfast</b> Pancake Sausage on Stick Fruit Juice/Diced Peaches Cold Milk <b>Lunch</b> Pepperoni Pizza Sweet Potato Fries Mixed Vegetables Diced Pears Cold Milk</p>	<p><b>26 Breakfast</b> Super Donut Fruit Juice/Pineapple Tidbits Cold Milk <b>Lunch</b> Meatloaf w/Gravy/ Rolls Mashed Potatoes Whole Kernel Corn Green Beans Fruit Salad Cold Milk</p>	<p><b>27 Breakfast</b> Waffles / Sausage Fruit Juice/Applesauce Cold Milk <b>Lunch</b> Hotdog on Roll Baked Beans Creamy Coleslaw Sliced Peaches Cold Milk</p>	<p><b>28 Breakfast</b> Cream Cheese Bagel Fruit Juice/Strawberry Cup Cold Milk <b>Lunch</b> Hot Ham and Cheese on Bun Smiley French Fries Sliced Carrots Diced Pears Cold Milk</p>
<p><b>31 Breakfast</b> Pancake Sausage on Fruit Juice/Applesauce/ Cold Milk <b>Lunch</b> Chili Cheeseburger Sweet Potato Wedges Green Beans Diced Pears Cold Milk</p>				