

GATES COUNTY SCHOOL NUTRITION MENU

OCTOBER 2025

Gates County Public Schools School Nutrition Menu



Fresh Fruit Served Daily

SECOND CHOICE OFFERINGS:

Monday Mozzarella Sticks w/ Marinara Sauce

Tuesday Chef Salad w/ Dressing

Wednesday Chicken Egg Roll w/ Sauce

Thursday Peanut Butter and Jelly Sandwich

Friday Mozzarella Sticks w/ Marinara Sauce



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 13-17, 2025

Meal Pattern Daily Offerings

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast Breakfast Pastry Fruit Sorbet/ Pears Cold Milk Lunch Meatball Subs w/ Sauce Sweet Potato Waffle Cut Green Beans Orange Wedges Cold Milk	2 Breakfast Ham and Cheese Croissant Fruit Juice Orange Wedge/Cold Milk Lunch Pepperoni Pizza (Spicy Chicken Sandwich @ CMS & GCHS) Steamed Broccoli Whole Kernel Corn Delicious Apple/Cold Milk	3 Breakfast Yogurt Fruit Juice/Peaches Cold Milk Lunch BBQ on Bun Sweet Potato Wedges Mixed Vegetables Applesauce Cup Cold Milk
6 Breakfast Dunkin Sticks Fruit Juice Mandarin Oranges Cold Milk Lunch Philly Steak & Cheese w/ Green Peppers Lettuce, Tomato, Cheese Whole Kernel Corn Glazed Carrots Pineapples/Cold Milk	7 Breakfast Homestyle Chicken Biscuit Fruit Sorbet Applesauce/Cold Milk Lunch Stromboli w/ Marinara Sauce Sliced Carrots Steamed Spinach Fruit Salad Cold Milk	8 Breakfast Banana Bread Fruit Juice Peaches/Cold Milk Lunch Pepperoni Pizza (Hotdogs @ CMS & GCHS) Sweet Potato Tots Mixed Vegetables Pears/Cold Milk	9 Breakfast Yogurt Parfait w/ Blueberries Fruit Juice Pineapple Tidbits/Cold Milk Lunch Bacon Cheeseburger on Bun / Chili Tater Tots Baked Beans Fruited Gelatin Cold Milk	10 Breakfast Dutch Waffles Fruit Sorbet Applesauce/Cold Milk Lunch Buffalo Chicken Wings Chicken Nuggets- Elementary) Garlic Stick French Fries/Corn on Cob Peaches/Cold Milk
13 Breakfast Super Donut Fruit Juice Pineapple Tidbits Cold Milk Lunch Chicken & Belgium Waffles French Fries Steamed Broccoli Peaches / Cold Milk	14 Breakfast Breakfast Cereal/Pop Tart Fruit Sorbet Applesauce/Cold Milk Lunch Spaghetti w/ Meat Sauce Corn Muffin Whole Kernel Corn Baby Lima Beans Baked Apples/Cold Milk	15 Breakfast Pillsbury Apple Strudel Fruit Juice Sliced Pears Cold Milk Lunch Hotdog on Roll Sweet Potato Puffs Mixed Vegetables Pears/Cold Milk	16 Breakfast Pumpkin Bread Fruit Sorbet Fresh Banana Cold Milk Lunch Orange Tangerine Chicken w/ Steamed Rice/Garlic Stick Glazed Carrots Green Peas Fruit Salad/Cold Milk	17 Breakfast Homestyle Chicken Biscuit Fruit Juice/Orange Wedges Cold Milk Lunch Walking Nacho Tacos Lettuce, Tomato, Cheese Black Beans Sweet Potato Tots Applesauce/Cold Milk
20 	21 	22 Breakfast Turkey Kielbasa/ Scrambled Eggs/Biscuit Fruit Juice Strawberry Cup Cold Milk Lunch Pork Chop Patty on Bun Sweet Potato Puffs Steamed Broccoli Pears / Cold Milk	23 Breakfast Chocolate Chip Muffin Fruit Sorbet Pineapple Tidbits Cold Milk Lunch Baked Lasagna Garlic Stick Glazed Carrots Green Peas/Sliced Peaches /Cold Milk	24 Breakfast Dutch Waffles Fruit Sorbet Applesauce Cold Milk Lunch BBQ Rib Pattie on Bun Corn on the Cob Baked Beans Delicious Apple Cold Milk
27 Breakfast Pillsbury Cinnamon Roll Fruit Juice/ Oranges Cold Milk Lunch Oven Roasted Chicken Hushpuppies Sweet Potato Fries Pasta Salad Baked Apples Cold milk	28 Breakfast Homestyle Chicken Biscuit/Cheese Fruit Juice /Pears Cold Milk Lunch Sloppy Jo on Bun Green Peas Glazed Carrots Peaches Cold Milk	29 Breakfast Blueberry Muffin Fruit Juice / Pineapples Cold Milk Lunch Orange Tangerine Chicken Steamed Rice/ Wheat Roll Whole Kernel Corn Fruit Salad Cold Milk	30 Breakfast French Toast/Bacon Fruit Juice /Applesauce Cold Milk Lunch Bacon Cheeseburger on Bun Sweet Potato Waffle Cut Baked Beans Pears/Cold Milk	31 Breakfast Pancake Sausage on Stick Fruit Juice /Pineapples Cold Milk Lunch Pepperoni Pizza Buffalo Wings (Middle & Hugh Schools) Garlic Stick French Fries Peaches/Cold Milk *** Halloween Treat