

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
3 Breakfast Sausage Biscuit Fruit Juice Applesauce Cup Cold Milk Lunch Chili Hotdog on Roll Crinkle Cut French Fries Baked Beans Diced Peaches Cold Milk	4 Breakfast Banana Muffin Fruit Juice Pineapple Tidbits Cold Milk Lunch Hamburger Steak w/ Gravy Wheat Roll Macaroni and Cheese Steamed Broccoli Sliced Peaches Cold Milk	5 Breakfast Chicken Waffle Fruit Juice Applesauce Cold Milk Lunch Stromboli w/ Dipping Sauce Sweet Potato Wedges Green Beans Sliced Orange Wedges Cold Milk	6 Breakfast Super Donut Fruit Juice Diced Peaches Cold Milk Lunch Pepperoni Pizza (Grilled Chicken Sand@ CMS & GCHS) Sweet Potato French Fries Whole Kernel Corn Delicious Apple Cold Milk	7 Breakfast French Toast Sticks & Sausage Fruit Juice Sliced Peaches Cold Milk Lunch Deli Turkey & Cheese Sub Sandwich Baby Carrots Pasta Salad Applesauce Cold Milk
10 Breakfast Pancake Chicken Sausage Fruit Juice Cranberry Raisins Cold Milk Lunch Chicken Fajita Wrap Lettuce, Tomato, Cheese Whole Kernel Corn Glazed Carrots Sliced Peaches Cold Milk	11 Breakfast Cinnamon Bun Fruit Juice Strawberry Cup Cold Milk Lunch Pepperoni Pizza (Hotdogs @ CMS & GCHS) Sweet Potato Tots Steamed Broccoli Diced Peaches Cold Milk	12 Breakfast Sliced Banana Bread Fruit Juice Applesauce Cold Milk Lunch Chicken Rice Soup Wheat Roll Glazed Carrots Mixed Vegetables Sliced Peaches Cold Milk	13 Breakfast Confetti Pancakes/ Sausage Fruit Juice Pineapple Tidbits Cold Milk Lunch Bacon Cheeseburger w/ Chili French Fries Baked Beans Fruited Gelatin Cold Milk	14 Breakfast Dutch Waffles Fruit Juice Cinnamon Applesauce Cold Milk Lunch Grilled Chicken Strip Wrap Lettuce/Tomato/Cheese Sweet Potato Fries Whole Kernel Corn Sliced Peaches Cold Milk
17 Breakfast Super Donut Fruit Juice Cranberry Raisins Cold Milk Lunch Corn dog Nuggets Whole Kernel Corn Steamed Spinach Sliced Peaches Cold Milk	18 Breakfast Chicken Waffle Fruit Juice Applesauce Cold Milk Lunch Spaghetti w/ Meat Sauce Corn Muffin /Carrots Green Peas Baked Apples/Cold Milk	19 Breakfast Lemon Bread Fruit Juice Pineapple Tidbits Cold Milk Lunch Pizza Burger Sweet Potato Fries Mixed Vegetables Diced Peaches/Cold Milk	20 Breakfast Pancakes and Sausage Fruit Juice Fresh Banana Cold Milk Lunch Grilled Chicken Sandwich w/ Bacon Creamy Cole Slaw Baked Beans Peaches/Cold Milk	21 Breakfast Chicken Biscuit Fruit Juice Sliced Orange Wedges Cold Milk Lunch Turkey Tacos w/ Nacho Chips Sweet Potato Tots Whole Kernel Corn Applesauce/Cold Milk
24 Breakfast Pancake Sausage on Stick Fruit Juice Applesauce Cold Milk Lunch Sloppy Joe on Bun French Fries Creamy Coleslaw Baked Apple/Cold Milk 31 Apple Muffin Fruit Juice/Applesauce Cold Milk Chicken & Dumpling Corn Muffin Corn/Green Beans Fresh Apple/ Cold Milk	25 Breakfast Chocolate Chip Muffin Fruit Juice Sliced Peaches Cold Milk Lunch Calzone Cheese Pizza w/ Dipping Sauce Sweet Potato Puffs Steamed Broccoli Diced Peaches /Cold Milk	26 Breakfast Breakfast Pizza Fruit Juice Pineapple Tidbits Cold Milk Lunch Baked Lasagna Garlic Roll Glazed Carrots Green Peas Sliced Peaches /Cold Milk	27 Breakfast Waffles Fruit Juice Applesauce Cold Milk Lunch BBQ Rib Pattie on Bun Corn on the Cob Baked Beans Baked Apples /Cold Milk	29 Breakfast Confetti Pancakes & Sausage Fruit Juice/ Pineapple Tidbits Cold Milk Lunch Deli Turkey Sandwich on Croissant Roll Pasta Salad Baby Carrots Fruit Cocktails /Cold Milk