

GATES COUNTY SCHOOL NUTRITION MENU

SEPTEMBER 2025

GATES COUNTY PUBLIC SCHOOLS SCHOOL NUTRITION



FRESH FRUIT SERVED DAILY
CEREAL AVAILABLE UPON
REQUEST @ BREAKFAST

SECOND CHOICE OFFERINGS
MONDAY MOZZARELLA STICKS W/
SAUCE
TUESDAY CHEF SALAD W/ DRESSING
WEDNESDAY DELI TURKEY WRAP
THURSDAY PEANUT BUTTER AND JELLY
SANDWICH
FRIDAY CHICKEN FAJITA SALAD W/
DRESSING

PIZZA SERVED DAILY @ CENTRAL MIDDLE
AND GATES COUNTY HIGH SCHOOL.

PEANUT BUTTER AND JELLY
SANDWICHES AVAILABLE UPON REQUEST
@ ALL SCHOOLS.

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
1  8 Breakfast Super Donut/Strawberry-Banana Yogurt Fruit Juice/Pineapple Tidbits Cold Milk Lunch Pizza Quesadilla Seasoned French Fries Green Peas Fruit Salad Cold Milk	2 Breakfast Strawberry Cream Cheese Bagel/Strawberry Yogurt Fruit Juice/Applesauce Cold Milk Lunch Stuffed Crust Pizza (Chicken Nuggets@ Middle & High) French Fries Mixed Vegetables Fruit Salad /Cold Milk 9 Breakfast Southern Sausage Biscuit Fruit Juice/Mandarin Oranges Cold Milk Lunch Taco Fiesta Salad w/ Tortilla Chips Lettuce-Tomato-Cheese Whole Kernel Corn Fresh Apple Cold Milk	3 Breakfast Southern Chicken Biscuit Fruit Juice/Fresh Cantaloupe Cold Milk Lunch Chili Cheese Hotdog Broccoli Florets Baked Beans Diced Peas Cold Milk 10 Breakfast Blueberry Muffin/ Yogurt Fruit Juice/Applesauce Cold Milk Lunch Chicken Chunks Wheat Roll Mixed Vegetables Glazed Carrots Diced Peaches/ Cold Milk	4 Breakfast Super Donut/Yogurt Fruit Juice/Applesauce Cold Milk Lunch Stromboli w/ Marinara Sauce Tossed Salad Sweet Potato Fries Pineapple Tidbits Cold Milk 11 Breakfast Krispy Bacon- Egg- and Cheese Biscuit Fruit Juice/Strawberries Cold Milk Lunch Bacon Cheeseburger Lettuce, Tomato, Cheese Sweet Potato Wedges Baked Beans Sliced Peas /Cold Milk	5 Breakfast Dutch Waffles/Krispy Bacon Fruit Juice/Sliced Peas Cold Milk Lunch Chicken Tenders Wheat Roll French Fries Sliced Carrots Peaches Cold Milk 12 Breakfast Pancake Sausage on Stick Fruit Juice/Pineapple Tidbits Cold Milk Lunch Philly Chicken w/ Peppers Sweet Potato Fries Steamed Broccoli Sliced Peaches Cold Milk
15 Breakfast Dunkin Sticks Fruit Juice/Peach Cup Cold Milk Lunch Orange Tangerine Chicken/ Wheat Roll Steamed Rice/ Glazed Carrots Sliced Apples /Cold Milk	16 Breakfast Cinnamon French Toast / Sausage Fruit Juice/Applesauce Cold Milk Lunch Bacon Cheeseburger on Bun Sweet Potato Waffle Cut Broccoli Florets Fruit Salad Cold Milk	17 Breakfast Super Donut/Strawberry Yogurt Fruit Juice/Orange Wedges Cold Milk Lunch Pepperoni Pizza (Hot dog on Bun @Middle & High) Whole Kernel Corn Sweet Potato Wedges Diced Peaches /Cold Milk	18 Breakfast Breakfast Parfait Yogurt w/ Fruit & Whip Topping Fruit Juice/Diced Peas Cold Milk Lunch Spaghetti w/ Meat sauce/Garlic Roll Steamed Spinach Kidney Beans Apple Crisp /Cold Milk	19 Breakfast Confetti Pancakes/ Krispy Bacon Fruit Juice/Diced Peaches Cold Milk Lunch Popcorn Chicken Nuggets Wheat Roll Sweet Potato Tots Mixed Vegetables Applesauce Cold Milk
22 Breakfast Krispy Bacon – Egg- and Cheese on Croissant / Hash browns Fruit Juice Cold Milk Lunch Fiesta Turkey Tacos w/ Tortilla Wraps-Lettuce- Tomato-Cheese Sweet Potato Fries Green Beans Diced Peas /Cold Milk	23 Breakfast Dunkin Stix Fruit Juice/Pineapple Tidbits Cold Milk Lunch Hamburger Steak w/ Gravy Wheat Roll Sliced Carrots Mashed Potatoes Baked Apples Cold Milk	24 Breakfast Homestyle Pancakes /Sausage Fruit Juice/Orange Wedge Cold Milk Lunch Pepperoni Pizza Chicken Filet Spicy (Middle & High Schools) Whole Kernel Corn Sweet Potato Puffs Fruit Salad Cold Milk	25 Breakfast Cinnamon French Toast Sticks Fruit Juice/Applesauce Cold Milk Lunch Buffalo Chicken Wings /Garlic Stick Baked Beans Broccoli Florets Sliced Peaches /Cold Milk	26 Breakfast Strawberry Cream Cheese Bagel/ Strawberry Banana Yogurt Fruit Juice /Diced Peas Cold Milk Lunch Turkey Kielbasa w/ Green Peppers Smiley Fries Green Beans Steamed Corn Fruited Gelatin Cold Milk
29 Breakfast Southern Sausage Biscuit Fruit Juice/Pineapple Tidbits Cold Milk Lunch Corndog Nuggets French Fries Baked Beans Sliced Peaches Cold Milk	30 Breakfast Super Donut/Strawberry Yogurt Fruit Juice/ Applesauce Cold Milk Lunch Vegetable Fried Rice/Chicken Corn Muffin Steamed Broccoli Glazed Carrots Fruit Salad Cold Milk			