

GATES COUNTY SCHOOL NUTRITION MENU

MAY 2026

FRESH FRUIT SERVED DAILY

Gates County Public Schools
School Nutrition Menu



FRESH FRUIT SERVED DAILY
SECOND CHOICE OFFERINGS

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 cup	1/2 + 1/2 = 1cup
Grains	1grain	1grain
Meat/ Meat Alternate	1oz	2oz

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast French Toast Fruit Juice Applesauce Cold Milk Lunch Chicken Fajita Wrap Whole Kernel Corn Steamed Carrots Mixed Fruit / Cold Milk
4 Breakfast Pancake /Sausage Fruit Juice Pineapple Tidbits Cold Milk Lunch Stuffed Crust Pizza (Mgr. Choice- CMS & GCHS) Sweet Potato Fries Steamed Broccoli Diced Pears / Cold Milk	5 Breakfast Super Donut Fruit Juice Applesauce Cold Milk Lunch Spaghetti w/ Meat Sauce Wheat Roll Glazed Carrots Green Peas Sliced Peaches Cold Milk	6 Breakfast Chicken Biscuit Fruit Juice Orange Wedges Cold Milk Lunch Chicken Nuggets Wheat Roll Mixed Vegetables Whole Kernel Corn Gelatin w/ Fruit Cold Milk	7 Breakfast Blueberry Muffin Fruit Juice Pineapple Tidbits Cold Milk Lunch Chicken Alfredo w/Broccoli Garlic Stick Glazed Carrots Mixed Fruit Cold Milk	8 Breakfast Sausage Biscuit Fruit Juice Applesauce Cold Milk Lunch Bacon Cheeseburger Baked Beans French Fries Sliced Peaches Cold Milk
11 Breakfast Belgium Waffle/Bacon Fruit Juice Diced Pears Cold Milk Lunch Pepperoni Pizza (Mgr. Choice -CMS &GCHS) Steamed Broccoli Sliced Carrots Applesauce/Cold Milk	12 Breakfast Sausage Biscuit Fruit Juice Sliced Peaches Cold Milk Lunch Cheeseburgers on Bun Sweet Potato Fries Baked Beans Fruit Salad Cold Milk	13 Breakfast Super Donut Fruit Juice Fruit Sorbet Cold Milk Lunch Turkey Tacos / Shredded Cheese/Tortilla Chips Glazed Carrots French Fries Applesauce Cup Cold Milk	14 Breakfast French Toast Fruit Juice Applesauce Cold Milk Lunch Spaghetti w/ Meat Sauce Wheat Roll Whole Kernel Corn Mixed Vegetables Cold Milk	15 Breakfast Chicken Biscuit Fruit Juice Pears Cold Milk Lunch Grilled Chicken Strip Wrap Steamed Spinach Glazed Carrots Delicious Apple Cold Milk
18 Breakfast Blueberry Muffin Fruit Juice/Applesauce Cold Milk Lunch Bacon Cheeseburger Baked Beans French Fries Glazed Carrots Fruit Salad /Cold Milk	19 Breakfast Pancake /Sausage Fruit Juice/Diced Peaches Cold Milk Lunch Stromboli w/ Sauce Whole Kernel Corn Steamed Spinach Mixed Fruit Cold Milk	20 Breakfast Super Donut Fruit Juice/Orange Wedges Cold Milk Lunch Pepperoni Pizza (Mgr. Choice- CMS &GCHS) Sweet Potato Fries Mixed Vegetables Diced Pears Cold Milk	21 Breakfast Belgium Waffles Fruit Juice/Applesauce Cold Milk Lunch Chicken Philly Sub on Roll Sweet Potato Wedges Green Beans Sliced Peaches Cold Milk	22 Breakfast Cream Cheese Bagel Fruit Juice Pineapple Tidbits Cold Milk Lunch Hot Ham and Cheese on Bun Smiley French Fries Sliced Carrots Diced Pears Cold Milk
25 	26 Breakfast Chicken Biscuit Fruit Juice/Pineapple Tidbits Cold Milk Lunch Bacon Cheeseburger Sweet Potato Tots Baked Beans Gelatin w/ Fruit Cold Milk	27 Breakfast Super Donut Fruit Juice/Applesauce Cold Milk Lunch Corndog Nuggets French Fries Green Peas Sliced Apples Cold Milk	28 Breakfast Manager's Choice Fruit Juice/Sliced Peaches Cold Milk Lunch Pepperoni Pizza (Mgr. Choice-CMS &GCHS) Steamed Broccoli Sliced Carrots Applesauce/Cold Milk	29 Breakfast Manager's Choice Fruit Juice/Diced Pears Cold Milk Lunch Manager's Choice