

Gaston Middle/ HS School

September 2026

Lunch Menu

8/31 French Toast w/ Sausage	1 Baja Fish Taco	2 Chicken Alfredo	3 Chicken Potato Bowl w/ WG Roll	4 Baked Potato w/ Broccoli & Cheese w/ WG Rolls
7 NO SCHOOL Labor Day	8 Turkey Taco Salad	9 Creamy Macaroni & Cheese	10 Homestyle Sloppy Joe	11 Oven Roasted Hot Dog
14 Thai Chicken & Pineapple Fried Rice	15 Chicken Burrito Bowl	16 Toasted Cheese w/ Tomato Soup	17 Pork Carnita Torta Sandwich	18 Taco Burger
21 Teriyaki Chicken over Rice	22 Beefy Potato Bowl	23 Baked Penne Pasta	24 Chicken Drumstick w/ WG Roll	25 Oven Baked Corn Dog
28 Meatball Marinara Sub	29 Cheesy Quesadilla	30 BBQ Chicken Sandwich		

Offered Tuesdays and Thursdays

Choice of Chicken, Refried Beans, Ground Taco Meat, and Jalapeño Cheese sauce on Whole Grain Corn Tortilla
Chips or as a Burrito on a Whole Grain Tortilla!

EVERYDAY SELECTS



All meals include fresh fruits and veggies and choice of milk

Offered: Monday

Choice of Cheese / Pepperoni Pizza or
Cheesy Breadsticks

All meals include fresh fruits and veggies and choice of milk

FAST TAKES



Offered: Daily

Assorted Sandwiches or Salads

All meal include fresh fruits and veggies and choice of milk

EVERYDAY GRILL



Wednesday
Cheeseburger
Hamburger
Bacon Cheeseburger
Veggie Burger

Friday
Chicken
Spicy Chicken Sandwich

Served with Tater Tots

All meals include fresh fruits and veggies and choice of milk