

GATES COUNTY SCHOOL NUTRITION MENU

SEPTEMBER 2026

GATES COUNTY PUBLIC SCHOOLS SCHOOL NUTRITION



FRESH FRUIT SERVED DAILY

**CEREAL AVAILABLE UPON
REQUEST @ BREAKFAST**

**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	$\frac{1}{2} + \frac{1}{2} = 1\text{Cup}$	$\frac{1}{2} + \frac{1}{2} = 1\text{Cup}$
Grains	1grain	1grain
Meat/ Meat Alternate	1oz	2oz

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast Strawberry Cream Cheese Bagel/Strawberry Yogurt Fruit Juice/Applesauce Cold Milk Lunch Chicken Tenders Wheat Roll Sweet Potato French Fries Mixed Vegetables Fruit Salad /Cold Milk	2 Breakfast Southern Chicken Biscuit Fruit Juice/Fresh Cantaloupe Cold Milk Lunch BBQ on a Bun Coleslaw Baked Beans Diced Pears Cold Milk	3 Breakfast Super Donut/Yogurt Fruit Juice/Applesauce Cold Milk Lunch Stromboli w/ Marinara Sauce Tossed Salad Sweet Potato Fries Pineapple Tidbits Cold Milk	4 Breakfast Dutch Waffles/Krispy Bacon Fruit Juice/Sliced Pears Cold Milk Lunch Orange Tangerine Chicken Steamed Rice Broccoli Florets Sliced Carrots Peaches Cold Milk
7 	8 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	9 Breakfast Blueberry Muffin/ Yogurt Fruit Juice/Applesauce Cold Milk Lunch Chicken Nuggets Wheat Roll Mixed Vegetables Glazed Carrots Diced Peaches Cold Milk	10 Breakfast Krispy Bacon- Egg- and Cheese Croissant Fruit Juice/Strawberries Cold Milk Lunch Bacon Cheeseburger Lettuce, Tomato, Cheese Sweet Potato Wedges Baked Beans Sliced Pears /Cold Milk	11 Breakfast Chicken & Waffles Fruit Juice/Pineapple Tidbits Cold Milk Lunch Philly Chicken w/ Peppers Sweet Potato Fries Steamed Broccoli Sliced Peaches Cold Milk
14 Breakfast Dunkin Sticks Fruit Juice/Peach Cup Cold Milk Lunch Orange Tangerine Chicken/ Wheat Roll Steamed Rice/ Glazed Carrots Sliced Apples /Cold Milk	15 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	16 Breakfast Super Donut/Strawberry Yogurt Fruit Juice/Orange Wedges Cold Milk Lunch Pizza Beef Fiestada Sweet Potato Wedges Whole Kernel Corn Diced Peaches Cold Milk	17 Breakfast Breakfast Parfait Yogurt w/ Fruit & Whip Topping Fruit Juice/Diced Pears Cold Milk Lunch Spaghetti w/ Meat sauce/Garlic Roll Steamed Spinach Kidney Beans Apple Crisp /Cold Milk	18 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
21 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 Pears /Cold Milk	22 Breakfast Dunkin Stix Fruit Juice/Pineapple Tidbits Cold Milk Lunch Hamburger Steak w/ Gravy/Peppers & Onions Wheat Roll Sliced Carrots Mashed Potatoes Baked Apples Cold Milk	23 Breakfast Homestyle Pancakes /Sausage Fruit Juice/Orange Wedge Cold Milk Lunch Chicken Filet Sandwich Whole Kernel Corn Sweet Potato Puffs Fruit Salad Cold Milk	24 Breakfast Cinnamon French Toast Sticks Fruit Juice/Applesauce Cold Milk Lunch Pepperoni Pizza Smiley Fries Green Beans Mixed Vegetables Fruited Gelatin Cold Milk	25 Breakfast Strawberry Cream Cheese Bagel/ Strawberry Banana Yogurt Fruit Juice /Diced Pears Cold Milk Lunch Buffalo Chicken Wings Garlic Stick Baked Beans Broccoli Florets Sliced Peaches Cold Milk
28 Breakfast Southern Sausage Biscuit Fruit Juice/Pineapple Tidbits Cold Milk Lunch Corndog Nuggets French Fries Baked Beans Sliced Peaches Cold Milk	29 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	30 Breakfast Pancakes/Sausage Fruit Juice/Mixed Fruit Cold Milk Lunch Chicken Nuggets Wheat Roll Sweet Potato Tots Green Peas Sliced Peaches Cold Milk		