

GATES COUNTY SCHOOL NUTRITION MENU

OCTOBER 2026

Gates County Public Schools School Nutrition Menu



Fresh Fruit Served Daily

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 12-16, 2026

Meal Pattern Daily Offerings

Food Comp	Breakfast	Lunch
Milk	8oz	8oz
Vegetable/ Fruit	$\frac{1}{2} + \frac{1}{2}$ = 1 Cup	$\frac{1}{2} + \frac{1}{2} =$ 1 Cup
Grains	1 grain	1 grain
Meat/ Meat Alternate	1oz	2oz

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast Ham and Cheese Croissant Fruit Juice Orange Wedge/Cold Milk Lunch Pepperoni Pizza (Spicy Chicken Sandwich @ CMS & GCHS) Steamed Broccoli Whole Kernel Corn Delicious Apple/Cold Milk	2 Breakfast Chicken & Waffles Juice/Peaches Cold Milk Lunch BBQ on Bun Sweet Potato Wedges Mixed Vegetables Applesauce Cup Cold Milk
5 Breakfast Dunkin Sticks Fruit Juice Mandarin Oranges Cold Milk Lunch Philly Chicken & Cheese w/ Green Peppers French Fries Whole Kernel Corn Pineapples Cold Milk	6 Breakfast Homestyle Chicken Biscuit Fruit Juice Applesauce/Cold Milk Lunch Stromboli w/ Marinara Sauce Sliced Carrots Steamed Spinach Fruit Salad Cold Milk	7 Breakfast Banana Bread Fruit Juice Peaches/Cold Milk Lunch Pizza Sticks w/ Marinara Sauce (Hotdogs @ CMS & GCHS) Sweet Potato Tots Mixed Vegetables Pears/Cold Milk	8 Breakfast Sausage Biscuit Fruit Juice Pineapple Tidbits/Cold Milk Lunch Bacon Cheeseburger on Bun Steamed Broccoli Baked Beans Fruited Gelatin Cold Milk	9 Breakfast Dutch Waffles/Bacon Fruit Juice Applesauce/Cold Milk Lunch Buffalo Chicken Wings Garlic Stick Sweet Potato French Fries Corn on Cob Peaches Cold Milk
12 Breakfast Super Donut Fruit Juice Pineapple Tidbits Cold Milk Lunch Chicken & Waffles French Fries Steamed Broccoli Peaches / Cold Milk	13 Breakfast Sausage Biscuit Fruit Juice Applesauce/Cold Milk Lunch Spaghetti w/ Meat Sauce Corn Muffin Whole Kernel Corn Baby Lima Beans Baked Apples/Cold Milk	14 Breakfast Pillsbury Apple Strudel Fruit Juice Sliced Peaches Cold Milk Lunch Hotdog on Roll Sweet Potato Puffs Mixed Vegetables Pears Cold Milk	15 Breakfast Pumpkin Bread Fruit Juice Fresh Banana Cold Milk Lunch Orange Tangerine Chicken w/ Steamed Rice/Garlic Stick Glazed Carrots Green Peas Fruit Salad/Cold Milk	16 Breakfast Homestyle Chicken Biscuit Fruit Juice/Orange Wedges Cold Milk Lunch Walking Nacho Tacos Lettuce, Tomato, Cheese Black Beans Sweet Potato Tots Applesauce/Cold Milk
19 	20 	21 Breakfast Chocolate Chip Muffin Fruit Juice Pineapple Tidbits Cold Milk Lunch Pepperoni Pizza French Fries Mixed Vegetables Pears / Cold Milk	22 Breakfast Bacon/ Scrambled Eggs/Biscuit Fruit Juice Mixed Fruit Cold Milk Lunch Lasagna Rollups w/ Sauce Garlic Stick Glazed Carrots Steamed Broccoli Sliced Peaches /Milk	23 Breakfast Dutch Waffles Fruit Juice Applesauce Cold Milk Lunch Chicken Fillet on Bun Whole Kernel Corn Baked Beans Delicious Apple Cold Milk
26 Breakfast Homestyle Chicken Biscuit/Cheese Fruit Juice /Pears Cold Milk Lunch Pepperoni Pizza Sweet Potato Fries Green Peas Peaches Cold Milk	27 Breakfast Pillsbury Cinnamon Roll Fruit Juice/ Orange Wedges Cold Milk Lunch Oven Roasted Chicken Corn Muffin Glazed Carrots Steamed Broccoli Baked Apples Cold milk	28 Breakfast French Toast/Bacon Fruit Juice /Applesauce Cold Milk Lunch Hot Ham & Cheese on Croissant French Fries Baked Beans Pears Cold Milk	29 Breakfast Blueberry Muffin Fruit Juice / Mandarin Oranges Cold Milk Lunch Hamburger Gravy with Peppers Steamed Rice/ Wheat Roll Mixed Vegetables Glazed Carrots Fruit Salad Cold Milk	30 Breakfast Breakfast Pizza Fruit Juice /Pineapples Cold Milk Lunch Turkey Tacos w/ Condiments French Fries Whole Kernel Corn Peaches Cold Milk