



Gateway College Prep School

Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



MONDAY



Breakfast Pizza
Assorted Danishes
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Pineapples

05

TUESDAY



Breakfast Tacos
Blueberry Muffins
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Tropical Fruit

06

WEDNESDAY

Brown Sugar Oatmeal
Ham Cheese Kolaches
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Fresh Apples

07

THURSDAY

Hot Pancakes w/ Sausages
Cheese Omelets
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Bananas

01

Chicken Biscuits
French Toast
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Peaches

08

FRIDAY

Scrambled Egg w / Toast
Apple Turnovers
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Pears

02

No Students
Staff Work Day

09

No School
Holiday

12

Cheese Omelets
Sausage Wraps
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Mandarin Oranges

13

Cinnamon Oatmeal
Scrambled Egg w/ Toast
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Fruit Cocktail

14

Nutella Crepes
Breakfast Pizza
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Applesauce

15

Chicken and Waffles
Glazed Donut Holes
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Bananas

16

Pancakes and Sausages
Cherry Turnovers
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Fresh Apples

19

Chorizo Egg Burritos
French Toast
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Fresh Pears

20

Chocolate Muffins
Raisin Spiced Oatmeal
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Grapes

21

Monte Cristo Sandwich
Bean Cheese Burrito
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Mixed Fruit

22

Banana Split Yogurt Parfait
Cheese Omelet
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Apple Slices

23

Breakfast Pizza
Blueberry Muffins
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Diced Peaches

26

Scrambled Egg w/ Toast
Bean Cheese Burritos
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Bananas

27

Chocolate Donuts
Brown Sugar Oatmeal
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Apple Slices

28

Chicken and Waffles
Cinnamon Rolls
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Mandarin Oranges

29

Ham Cheese Croissant
French Toast
Cereal Variety
Assorted Fruit Juice/Milk
Chilled Pineapples

30



School Information: Menu Subject to Change Due to Availability
National Chocolate Day is 28 October.

OCTOBER 2026