



Gateway College Prep School K-6th Grade

October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY



Beef Fingers
Mashed Potatoes w/ Gravy
Steamed Broccoli
Assorted Fruit Juice/Milk
Chilled Pineapples

05

TUESDAY



Chicken Fajitas
Cilantro Lime Rice
Refried Beans
Assorted Fruit Juice/Milk
Chilled Tropical Fruit

06

WEDNESDAY



Spaghetti Meat Sauce
Spaghetti Noodles
Garlic Bread
California Medley
Assorted Fruit Juice/Milk
Chilled Apple Slices

07

THURSDAY

Fish Sticks
Cheese Macaroni
Seasoned Peas & Carrots
Assorted Fruit Juice/Milk
Chilled Mandarin Oranges

01

FRIDAY

Double Dave's Pepperoni
Cheese Pizza *Vegetarian*
Veggie Salad
Assorted Fruit Juice/Milk
Chilled Pears

02

No School
Holiday

12

Beef Tacos
Bean Cheese Burritos *Vegetarian*
Mexican Rice
Savory Pinto Beans
Assorted Fruit Juice/Milk
Chilled Mandarin Oranges

13

Chicken Bowl
Mashed Potatoes w/ Gravy
Seasoned Corn
Assorted Fruit Juice/Milk
Chilled Fruit Cocktail

14

Beef Cheesy Dogs
Spiral Fries
Glazed Carrots
Assorted Fruit Juice/Milk
Chilled Applesauce

15

Double Dave's Pepperoni
Cheese Pizza *Vegetarian*
Veggie Salad
Assorted Fruit Juice/Milk
Chilled Apricots

16

Beef Ravioli (30 grams carbs)
Cheese Ravioli *Vegetarian*
Seasoned Mixed Veggies
Assorted Fruit Juice/Milk
Chilled Apple Slices

19

Chicken Tacos
Cilantro Lime Rice
Fiesta Beans
Assorted Fruit Juice /Milk
Chilled Pears

20

Grilled Cheese *Vegetarian*
Baked Beans
Seasoned Green Beans
Assorted Fruit Juice/Milk
Chilled Grapes

21

Chicken Sandwiches
Potato Smileys
Seasoned Broccoli
Assorted Fruit Juice/Milk
Chilled Mixed Fruit

22

Double Dave's Pepperoni
Cheese Pizza *Vegetarian*
Relish Tray
Assorted Fruit Juice/Milk
Chilled Apple Slices

23

Stuffed Pepperoni Roll
Stuffed Cheesy Roll *Vegetarian*
Potato Wedges
Fried Corn
Assorted Fruit Juice/Milk
Chilled Diced Peaches

26

Beefy Nachos
Cheesy Nachos *Vegetarian*
Refried Beans
Assorted Fruit Juice/Milk
Chilled Pineapples

27

Asian Chicken Bowl
Fried Rice
Stir-Fry Veggies
Assorted Fruit Juice/Milk
Chilled Apple Slices

28

Beef Meatloaf
Mashed Potatoes w/ Gravy
Seasoned Corn
Assorted Fruit Juice/Milk
Chilled Mandarin Oranges

29

Double Dave's Pepperoni
Cheese Pizza *Vegetarian*
Veggie Salad
Assorted Fruit Juice/Milk
Chilled Pineapples

30



School Information: Available everyday: Peanut Butter & Jelly, Yogurt Bags, Baked Potato, Hoagies, Chef Salad and Chicken Caesar Salad. *Menu Subject to Change Due to Availability* *Vegetarian Entrée Identified in Green*

Gluten Free items available: Hamburger buns / sliced bread / waffles / cheese pizza (cauliflower crust).

OCTOBER 2026