



Gateway College Prep Carbohydrate Menu

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?



LUNCH

MONDAY



Beef Fingers 19 gms
Mashed Potatoes w/ Gravy 23 gms
Steamed Broccoli 4gms
Fruit Juice /Milk 14/13 gms
Chilled Pineapples 17 gms

05

TUESDAY



Chicken Fajitas 18 gms
Cilantro Lime Rice 23 gms
Refried Beans 7gms
Fruit Juice /Milk 14/13 gms
Chilled Tropical Fruit 16 gms

06

WEDNESDAY

Spaghetti Meat Sauce 11 gms
Spaghetti Noodles 36 gms
Garlic Bread 26 gms
California Medley 11 gms
Fruit Juice /Milk 14/13 gms
Chilled Apple Slices 18 gms

07

THURSDAY

Fish Sticks 20 gms
Cheesy Macaroni 25 gms
Peas and Carrots 7 gms
Fruit Juice /Milk 14/13 gms
Mandarin Oranges 18 gms

01

FRIDAY

Double Dave's Pepperoni 39 gms
Cheese Pizza 38 gms
Veggie Salad 15 gms
Fruit Juice /Milk 14/13 gms
Chilled Pears 16 gms

02

No School
Holiday

12

Beef Tacos 19.5 gms
Bean Cheese Burritos 44 gms
Mexican Rice 26 gms
Savory Pinto Beans 7gms
Fruit Juice /Milk 14/13 gms
Mandarin Oranges 18 gms

13

Chicken Bowl 53 gms
Mashed Potatoes w/ Gravy 23 gms
Seasoned Corn 18 gms
Fruit Juice /Milk 14/13 gms
Chilled Fruit Cocktail 18 gms

14

Beef Cheesy Dogs 25 gms
Spiral Fries 25 gms
Glazed Carrots 16 gms
Fruit Juice /Milk 14/13 gms
Chilled Applesauce 23 gms

15

Double Dave's Pepperoni 39 gms
Cheese Pizza 38 gms
Veggie Salad 15 gms
Fruit Juice /Milk 14/13 gms
Chilled Apricots 18 gms

16

Beef Lasagna 29 gms
Cheese Ravioli 16 gms
Seasoned Mixed Veggies 4 gms
Fruit Juice /Milk 14/13 gms
Chilled Apple Slices 18 gms

19

Chicken Tacos 18 gms
Cilantro Lime Rice 23 gms
Fiesta Beans 16 gms
Fruit Juice /Milk 14/13 gms
Chilled Pears 16 gms

20

Grilled Cheese 22 gms
Baked Beans 25 gms
Seasoned Green Beans 3 gms
Fruit Juice /Milk 14/13 gms
Chilled Grapes 14 gms

21

Chicken Sandwiches 32 gms
Potato Smileys 25 gms
Seasoned Broccoli 4 gms
Fruit Juice /Milk 14/13 gms
Chilled Mixed Fruit 15 gms

22

Double Dave's Pepperoni 39 gms
Cheese Pizza 38 gms
Relish Tray 5 gms
Fruit Juice /Milk 14/13 gms
Chilled Apple Slices 18 gms

23

Stuffed Pepperoni Roll 36 gms
Stuffed Cheesy Roll 34 gms
Potato Wedges 25 gms
Fried Corn 18 gms
Fruit Juice /Milk 14/13 gms
Chilled Diced Peaches 14 gms

26

Beefy Nachos 48 gms
Cheesy Nachos 34 gms
Refried Beans 7 gms
Fruit Juice /Milk 14/13 gms
Chilled Pineapples 17 gms

27

Asian Chicken Bowl 38 gms
Fried Rice 26 gms
Stir-Fry Veggies 8 gms
Fruit Juice /Milk 14/13 gms
Chilled Apple Slices 18 gms

28

Beef Meatloaf 8 gms
Mashed Potatoes w/ Gravy 23 gms
Seasoned Corn 18 gms
Fruit Juice /Milk 14/13 gms
Mandarin Oranges 18 gms

29

Double Dave's Pepperoni 39 gms
Cheese Pizza 38 gms
Veggie Salad 15 gms
Fruit Juice /Milk 14/13 gms
Chilled Pineapples 17 gms

30



School Information: Chef Salad 8 gms / Chicken Caesar Salad 11 gms
Beef Ravioli (30 grams carbs)

OCTOBER 2026