

Gaston Middle/ HS School

October 2026

Lunch Menu

			1 Spaghetti w/ Meat Sauce	2 Fish Po Boy Sub
5 Sweet & Sour Chicken over Rice	6 Chicken Chilaquiles	7 Indian Butter Chicken	8 Turkey Gravy w/ Mashed Potatoes	9 NO SCHOOL K-12th
12 Baked Ravioli w/ WG Roll	13 Baja Fish Taco	14 Chicken Alfredo	15 Chicken Potato Bowl w/ WG Roll	16 Baked Potato w/ Broccoli & Cheese w/ WG Rolls
19 Orange Chicken over Rice	20 Turkey Soft Taco	21 Creamy Macaroni & Cheese	22 -Early Dismissal- Homestyle Sloppy Joe	23 NO SCHOOL K-12th
26 Thai Chicken & Pineapple Fried Rice	27 Chicken Burrito Bowl	28 Toasted Cheese w/ Tomato Soup	29 Pork Carnita Torta Sandwich	30 Taco Burger

Offered Tuesdays and Thursdays

Choice of Chicken, Refried Beans, Ground Taco Meat, and Jalapeño Cheese sauce on Whole Grain Corn Tortilla
Chips or as a Burrito on a Whole Grain Tortilla!

All meals include fresh fruits and veggies and choice of milk



Offered: Monday

Choice of Cheese / Pepperoni Pizza or
Cheesy Breadsticks

All meals include fresh fruits and veggies and choice of milk



Offered: Daily

Assorted Sandwiches or Salads

All meal include fresh fruits and veggies and choice of milk



Wednesday
Cheeseburger
Hamburger
Bacon Cheeseburger
Veggie Burger

Friday
Chicken
Spicy Chicken Sandwich

Served with Tater Tots

All meals include fresh fruits and veggies and choice of milk