

Gateway College Prep Carbohydrate Menu

(Thursday and Fridays Menus are Switched for 7th-12th Grades)

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Ravioli 30 grams carbs Cheese Ravioli 16 gms Mixed Veggies 4 gms Fruit Juice /Milk 14/13 gms Chilled Tropical Fruit 16 gms 02	Chicken Fajitas 18 gms Cilantro Lime Rice 23 gms Savory Pinto Beans 7gms Fruit Juice /Milk 14/13 gms Chilled Apricots 18 gms 03	Cheeseburgers 23 gms Veggie-burgers 17 gms Curly Fries 25 gms Burger Salad 4 gms Fruit Juice /Milk 14/13 gms Chilled Grapes 14 gms 04	Fish Sticks 20 gms Cheesy Macaroni 25 gms Peas and Carrots 7 gms Fruit Juice /Milk 14/13 gms Chilled Pears 16 gms 05	Double Dave's Pepperoni 39 gms Cheese Pizza 38 gms Relish Tray 5 gms Fruit Juice /Milk 14/13 gms Chilled Applesauce 23 gms 06
No Students- Staff Development 09	Beef Tacos 19.5 gms Bean Cheese Burritos 44 gms Mexican Rice 26 gms Refried Beans 7gms Fruit Juice /Milk 14/13 gms Chilled Apple Slices 18 gms 10	Chicken Bowl 53 gms Mashed Potatoes w/ Gravy 23 gms Seasoned Corn 18 gms Fruit Juice /Milk 14/13 gms Chilled Pineapples 17 gms 11	Grilled Cheese 22 gms Baked Beans 25 gms Steamed Broccoli 4gms Fruit Juice /Milk 14/13 gms Chilled Mixed Fruit 15 gms 12	Double Dave's Pepperoni 39 gms Cheese Pizza 38 gms Caesar Salad 9 gms Fruit Juice /Milk 14/13 gms Chilled Peaches 14 gms 13
Beef Cheesy Dogs 25 gms Spiral Fries 25 gms Glazed Carrots 16 gms Fruit Juice /Milk 14/13 gms Chilled Diced Pears 16 gms 16	Chicken Tacos 18 gms Cilantro Lime Rice 23 gms Fiesta Beans 16 gms Fruit Juice /Milk 14/13 gms Mandarin Oranges 18 gms 17	Spaghetti Meat Sauce 11 gms Spaghetti Noodles 36 gms Garlic Bread 26 gms California Medley 11 gms Fruit Juice /Milk 14/13 gms Chilled Applesauce 23 gms 18	Roasted Turkey 3 gms w/ Roll 28 gms Mashed Potatoes w/ Gravy 23 gms Cornbread Stuffing 25 gms Seasoned Green Beans 3 gms Fruit Juice /Milk 14/13 gms Chilled Fruit Cocktail 18 gms 19	Double Dave's Pepperoni 39 gms Cheese Pizza 38 gms Relish Tray 5 gms Fruit Juice /Milk 14/13 gms Chilled Apricots 18 gms 20
Thanksgiving Break 23	**Thanksgiving Break** 24	**Thanksgiving Break** 25	**Thanksgiving Break** 26	**Thanksgiving Break** 27
Chicken Nuggets 16 gms Hot Waffles 12 gms Smiley Fries 25 gms Seasoned Corn 18 gms Fruit Juice /Milk 14/13 gms Chilled Peaches 14 gms 30				



School Information: Thanksgiving Meal will be prepared and served on the19th of November

Menu Subject to Change Due to Availability

Chef Salad 8 gms / Chicken Caesar Salad 11 gms / Gluten Free Pizza 20 gms Cranberry Sauce 22 gms

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

NOVEMBER 2026