

Gaston Middle/ HS School

September 2023

Lunch Menu

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|--|---|---|---|---------------------------------------|
| | | | | 1 NO SCHOOL |
| 4 NO SCHOOL LABOR DAY | 5 Glazed Chicken w/ WG Roll | 6 Popcorn Chicken Potato Bowl | 7 Spaghetti w/ Meaty Marinara & WG Roll | 8 Chicken & Waffles |
| 11 Cheesy Lasagna Rollup w/ WG Roll | 12 Pancakes & Sausage | 13 BBQ Chicken Sandwich | 14 Baked Penne Pasta w/ WG Roll | 15 Fish Po'Boy |
| 18 Pork Rib-B-Que Sandwich | 19 Cheese Raviolis w/ WG Roll | 20 Orange Chicken Rice Bowl | 21 Creamy Mac & Cheese | 22 Grilled Cheese Sandwich |
| 25 Saucy Meatball Sub | 26 French Toast Sticks w/ Sausage | 27 Sweet & Sour Chicken Rice Bowl | 28 Cheesy Breadstick w/ Marinara | 29 Homemade Beefy Sloppy Joe |

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 or Pepperoni

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