

# Gaston Middle/ HS School

## April 2023

### Lunch Menu

3 Teriyaki Chicken Over Rice	4 Pancake & Sausage	5 BBQ Chicken Sandwich	6 Chicken Nuggets w/ WG Roll	7 Fish & Chips
10 Cheesy Breadsticks W/ Marinara Sauce	11 Mini Cheese Ravioli w/ WG Roll	12 Orange Chicken Rice Bowl	13 Macaroni & Cheese w/WG Roll	14 NO SCHOOL
17 Meatball Marinara Sub	18 French Toast Sticks w/ Sausage	19 Teriyaki Beef Dippers over Rice	20 Cheesy Breadsticks W/ Marinara Sauce	21 Sloppy Joes
24 Bean & Cheese Burrito	25 Chicken Alfredo Pasta w/ WG Roll	26 Pork Posole w/ WG Tortilla Chips	27 Baked Corn Dog	28 Fish & Chips
				



#### 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