

# Gaston Middle/ HS School

## January 2024

### Lunch Menu

1 NO SCHOOL HAPPY NEW YEAR	2 Cheese Raviolis w/ Roll	3 Orange Chicken over Brown Rice	4 Creamy Mac & Cheese w/ Roll	5 Grilled Cheese Sandwich
8 Saucy Meatball Sub	9 French Toast Sticks w/ Sausage	10 Chili w/ Tortilla Chips	11 Cheesy Breadsticks w/ Marinara sauce	12 Beefy Sloppy Joes
15 NO SCHOOL MLK DAY	16 Chef Salads	17 Pork Posole w/ Tortilla Chips	18 Baked Corn Dogs	19 Fish & Chips
22 Turkey Tot cho's	23 Glazed Chicken Drumstick w/ Roll	24 Chili w/ Tortilla Chips	25 Spaghetti w/ Meaty Marinara	26 Grilled Cheese Sandwich
29 Cheesy Lasagna Roll-Up w/ Roll	30 Pancakes w/ Sausage	31 BBQ Chicken Sandwich		

#### 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