

Gaston Middle/ HS School

February 2024

Lunch Menu

			1 Homemade Baked Penne Pasta	2 NO SCHOOL
5 NO SCHOOL	6 Cheese Raviolis w/ Roll	7 BBQ Pulled Pork w/ Carolina Sauce	8 Creamy Mac & Cheese w/ Roll	9 Taco Burger
12 Saucy Meatball Sub	13 French Toast Sticks w/ Sausage	14 Teriyaki Chicken over rice	15 Cheesy Breadsticks w/ Marinara sauce	16 Beefy Sloppy Joes
19 NO SCHOOL President's Day	20 Orange Chicken over Brown Rice	21 BBQ Pulled Pork w/ Carolina Sauce	22 Turkey & Gravy over Whipped Potatoes w/ WG Roll	23 Fish & Chips
26 Turkey Tot cho's	27 Glazed Chicken Drumstick w/ Roll	28 Chicken Potato Bowl w/ WG Roll	29 Spaghetti w/ Meaty Marinara	

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!

EVERYDAY SELECTS



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

FAST TAKES



Offered: Daily

Assorted Sandwiches or Salads

All meal include fresh fruits and veggies and choice of milk

EVERYDAY GRILL



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