

**Gaston County School Nutrition
High School Menu Cycle
Cycle Menu for 2011-2012**

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Tacos with Salsa Deluxe Chicken Sandwich Cheeseburger Oven Browned Potatoes French Fries Whole Kernel Corn Veggie Sticks Apple Fruit Crisp Orange Juice Choice of Milk	Fiestada Pizza Chicken Nuggets/Roll BBQ Chicken Sandwich Hot Dog with Chili Glazed Sweet Potatoes French Fries Broccoli & Cheese Carrot Sticks Fresh Fruit Cocktail Orange Juice Choice of Milk	Stuffed Crust Cheese Pizza Chicken Tenders/Roll Deluxe Chicken Sandwich Mashed Potatoes French Fries Green Peas Seasonal Fresh Vegetables Peach Fruit Crisp Orange Juice Choice of Milk	Cheese Dippers with Marinara Sauce Bacon Cheeseburger Deli Wrap Mashed Potatoes French Fries Green Beans Tossed Salad Fresh Fruit Cocktail Orange Juice Choice of Milk	Fish Taco Buffalo Chicken Sandwich Philly Cheese Steak Sandwich Potato Wedges French Fries Baked Beans Veggie Sticks Apple Fruit Crisp Orange Juice Choice of Milk
Daily Line				
Monday	Tuesday	Wednesday	Thursday	Friday
Meatball Sub Spaghetti with Meatballs Whole Kernel Corn Garden Salad Apple Fruit Crisp Orange Juice Choice of Milk	Fiestada Pizza Tossed Salad Baked Potato French Fries Fresh Fruit Cocktail Orange Juice Choice of Milk	Taco Salad (<i>Taco Meat, Shredded Cheese, Tortilla Chips, Shredded Lettuce, Chopped Tomatoes, Salsa, & Sour Cream</i>) Pinto Beans Whole Kernel Corn Peach Fruit Crisp Orange Juice Choice of Milk	Oven Fried Chicken/Roll Mashed Potatoes & Gravy Green Peas Pinto Beans Fresh Fruit Cocktail Orange Juice Choice of Milk	Pepperoni Pizza Tossed Salad Baked Potato French Fries Apple Fruit Crisp Orange Juice Choice of Milk
Peanut Butter and Jelly Sandwich with Yogurt or String Cheese will be offered as an entree choice each day. Chef Salad, Crackers, with one fruit or vegetable choice will be offered as a meal each day. Grilled Chicken Salad, Crackers, with one fruit or vegetable choice will be offered as a meal each day. Fresh Fruit will be offered everyday at lunch as a vegetable/fruit choice.				

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Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Biscuit with Fresh Fruit or Orange Juice and Milk	Sausage Biscuit with Fresh Fruit or Orange Juice and Milk	Sausage Biscuit with Fresh Fruit or Orange Juice and Milk	Sausage Biscuit with Fresh Fruit or Orange Juice and Milk	Sausage Biscuit with Fresh Fruit or Orange Juice and Milk
Egg & Cheese Biscuit with Fresh Fruit or Orange Juice and Milk	Chicken Biscuit with Fresh Fruit or Orange Juice and Milk	Egg & Cheese Biscuit with Fresh Fruit or Orange Juice and Milk	Chicken Biscuit with Fresh Fruit or Orange Juice and Milk	Egg & Cheese Biscuit with Fresh Fruit or Orange Juice and Milk
Choice of Cereal, Yogurt, Fresh Fruit or Orange Juice, and Milk	Choice of Cereal, Yogurt, Fresh Fruit or Orange Juice, and Milk	Choice of Cereal, Yogurt, Fresh Fruit or Orange Juice, and Milk	Choice of Cereal, Yogurt, Fresh Fruit or Orange Juice, and Milk	Choice of Cereal, Yogurt, Fresh Fruit or Orange Juice, and Milk
Apple Cinnamon Roll, Trail Mix, Fresh Fruit or Orange Juice and Milk	Muffin, Fresh Fruit or Orange Juice and Milk	Apple Cinnamon Roll, Trail Mix, Fresh Fruit or Orange Juice and Milk	Muffin, Fresh Fruit or Orange Juice and Milk	Apple Cinnamon Roll, Trail Mix, Fresh Fruit or Orange Juice and Milk