

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

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Cereal Yogurt Fresh Fruit or Orange Juice Milk	French Toast Sticks Maple Syrup Fresh Fruit or Orange Juice Milk	Sausage Biscuit Fresh Fruit or Orange Juice Milk	Apple Cinnamon Roll Fresh Fruit or Orange Juice Milk	Chicken Biscuit Fresh Fruit or Orange Juice Milk

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets/Roll BBQ Sandwich Corn Dog	BBQ Chicken Sandwich Mini Tacos with Salsa Fiestada Pizza	Pepperoni Pizza Buffalo Chicken Sandwich Cheeseburger/Hamburger	Cheese Dippers with Marinara Sauce Deluxe Chicken Sandwich Baked Spaghetti/Roll	Stuffed Crust Cheese Pizza Hot Dog with Chili Fish Taco
Tater Tots Mashed Sweet Potatoes Broccoli & Cheese Tossed Salad	Potato Wedges Pinto Beans Whole Kernel Corn Tossed Salad	French Fries Mashed Potatoes Veggie Sticks Green Peas	French Fries Fresh Broccoli Corn on the Cob Tossed Salad	Oven Roasted Potatoes Coleslaw Baked Beans Carrot Sticks
Apple Fruit Crisp Orange Juice	Pineapple Bits Fresh Fruit Cocktail Orange Juice	Peach Fruit Crisp Orange Juice	Mixed Fruit Fresh Fruit Cocktail Orange Juice	Apple Fruit Crisp Orange Juice
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	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.