

**GAYLE MIDDLE SCHOOL**  
**Breakfast (Traditional), February - 2023**

|  |   |  |  |   |
|--|---|--|--|---|
|  |   | <b>1</b><br><b>Wednesday</b>                                       | <b>2</b><br><b>Thursday</b>                                  | <b>3</b><br><b>Friday</b>                       |
|  |   | <b>ENTREE</b><br>Whole Grain Iced Raspberry & Cream Cheese Strudel | <b>ENTREE</b><br>French Toast Sticks                         | <b>ENTREE</b><br>Blueberry Muffin               |
| <b>6</b><br><b>Monday</b>                  | <b>7</b><br><b>Tuesday</b>                            | <b>8</b><br><b>Wednesday</b>                                       | <b>9</b><br><b>Thursday</b>                                  | <b>10</b><br><b>Friday</b>                      |
| <b>ENTREE</b><br>Chicken Croissant         | <b>ENTREE</b><br>Turkey Bacon & Cheese English Muffin | <b>ENTREE</b><br>Artisan Belgium Waffle                            | <b>ENTREE</b><br>Mozzarella String Cheese Stick<br>Pop Tarts | <b>ENTREE</b><br>Bagel w/ Cream Cheese          |
| <b>13</b><br><b>Monday</b>                 | <b>14</b><br><b>Tuesday</b>                           | <b>15</b><br><b>Wednesday</b>                                      | <b>16</b><br><b>Thursday</b>                                 | <b>17</b><br><b>Friday</b>                      |
| <b>ENTREE</b><br>Lemon or Banana Bread     | <b>ENTREE</b><br>Savory Sausage Muffin                | <b>ENTREE</b><br>Whole Grain Cinnabar                              | <b>ENTREE</b><br>Breakfast Bites (Turkey)                    | <b>ENTREE</b><br>Cheesy Scrambled Eggs w/ Toast |
| <b>20</b><br><b>Monday</b>                 | <b>21</b><br><b>Tuesday</b>                           | <b>22</b><br><b>Wednesday</b>                                      | <b>23</b><br><b>Thursday</b>                                 | <b>24</b><br><b>Friday</b>                      |
| <b>ENTREE</b><br>Homestyle Chicken Biscuit | <b>ENTREE</b><br>Pancake & Sausage on a Stick         | <b>ENTREE</b><br>Whole Grain Iced Raspberry & Cream Cheese Strudel | <b>ENTREE</b><br>French Toast Sticks                         | <b>ENTREE</b><br>Blueberry Muffin               |
| <b>27</b><br><b>Monday</b>                 | <b>28</b><br><b>Tuesday</b>                           |  |  |   |
| <b>ENTREE</b><br>Chicken Croissant         | <b>ENTREE</b><br>Turkey Bacon & Cheese English Muffin |  |  |   |

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**GAYLE MIDDLE SCHOOL**  
**Lunch (Traditional), February - 2023**

|   |   | <b>1<br/>Wednesday</b>  | <b>2<br/>Thursday</b>   | <b>3<br/>Friday</b>   |
|---|---|---|---|---|
|   |   | <b>ENTREE</b><br>Garden Lover's Salad w/ Sliced Egg w/wo a Bread/Grain Choice<br>Italian Baked Ziti w/wo Bread Choice                         | <b>ENTREE</b><br>Crispy Nachos & Cheese w/wo Spicy Beef<br>Southwest Chicken Quesadilla                       | <b>ENTREE</b><br>Chicken Stir Fry w/ Brown Rice<br>Crispy Chicken Tenders & Waffles   |
| <b>6<br/>Monday</b>   | <b>7<br/>Tuesday</b>  | <b>8<br/>Wednesday</b>  | <b>9<br/>Thursday</b>   | <b>10<br/>Friday</b>  |
| <b>ENTREE</b><br>Crispy Chicken Fillet Sandwich<br>Loaded Vegetable & Cheese Wrap<br>Zesty Meatball Sub with w/ Mozzarella Cheese   | <b>ENTREE</b><br>Chicken and Broccoli Alfredo Penne w/wo Bread Choice<br>Chicken Fillet Bites w/wo Bread Choice<br>Fresh Cobb Salad w/wo Bacon and Bread Choice | <b>ENTREE</b><br>Beef Street Tacos w/ Cilantro & Lime Slaw<br>Superfood Salad w/ Hummus w/wo Bread Choice<br>Tangerine Chicken w/ Brown Rice  | <b>ENTREE</b><br>Deluxe Bacon Cheeseburger<br>Twice Baked Macaroni & Cheese w/wo Roll                         | <b>ENTREE</b><br>Big Daddy Cheese Pizza<br>Big Daddy Pepperoni Pizza<br>Homemade Chicken Salad over Tossed Spring Mix w/ Croissant<br>Philly Cheese Steak Sub |
| <b>13<br/>Monday</b>  | <b>14<br/>Tuesday</b>   | <b>15<br/>Wednesday</b>   | <b>16<br/>Thursday</b>  | <b>17<br/>Friday</b>  |
| <b>ENTREE</b><br>Asian Salad w/ Crispy Chicken and Mandarin Oranges w/ wo Bread Choice<br>Crispy Chicken Fillet Sandwich<br>Lasagna in a Zesty Beef Sauce w/wo Garlic Knot            | <b>ENTREE</b><br>Carolina Pork BBQ Sliders<br>Crispy Chicken Parmesan Sandwich<br>Vegetarian Spinach & Cheese Empanadas   | <b>ENTREE</b><br>Cheese Pan Pizza<br>Fruit Parfait w/ Cheese Stick and Granola w/wo Graham Crackers<br>Grilled Chicken w/ Bacon and Provolone | <b>ENTREE</b><br>Breaded Chicken Tenders w/wo Dinner Roll<br>Chicken Caesar Wrap<br>Tex Mex Chicken Rice Bowl | <b>ENTREE</b><br>Chef Salad With Egg<br>Minh's Chicken Fried Rice w/ Potstickers<br>Plant Based Buffalo Nuggets w/wo Dinner roll                              |
| <b>20<br/>Monday</b>  | <b>21<br/>Tuesday</b>   | <b>22<br/>Wednesday</b>   | <b>23<br/>Thursday</b>  | <b>24<br/>Friday</b>  |
| <b>ENTREE</b><br>Baked Potato with Diced Ham & Cheese Sauce w/wo Garlic Knot<br>Chicken Fillet Bites w/wo Bread Choice<br>Spring Mix Salad & Crispy Chicken w/wo a Bread/Grain Choice | <b>ENTREE</b><br>Big Daddy Cheese Pizza<br>Polish Kielbasa w/wo Sauteed Onions and Green Peppers  | <b>ENTREE</b><br>Garden Lover's Salad w/ Sliced Egg w/wo a Bread/Grain Choice<br>Italian Baked Ziti w/wo Bread Choice                         | <b>ENTREE</b><br>Crispy Nachos & Cheese w/wo Spicy Beef<br>Southwest Chicken Quesadilla                       | <b>ENTREE</b><br>Chicken Stir Fry w/ Brown Rice<br>Crispy Chicken Tenders & Waffles   |
| <b>27<br/>Monday</b>  | <b>28<br/>Tuesday</b>   |   |   |   |
| <b>ENTREE</b><br>Crispy Chicken Fillet Sandwich<br>Loaded Vegetable & Cheese Wrap<br>Zesty Meatball Sub with w/ Mozzarella Cheese   | <b>ENTREE</b><br>Chicken and Broccoli Alfredo Penne w/wo Bread Choice<br>Chicken Fillet Bites w/wo Bread Choice<br>Fresh Cobb Salad w/wo Bacon and Bread Choice |   |   |   |

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