



Gates Middle School

October

<u>30</u> Chicken Patty sandwich with chips	<u>1</u> Grilled Cheese with Tomato Soup & Goldfish	<u>2</u> Baked Mac N Chz with Peas and a Dinner Roll	<u>3</u> Beef Nachos with three bean salad	<u>4</u> Gil's Pizza with garden salad
<u>7</u> Chicken Tenders with sweet potato fries	<u>8</u> Chicken Fajitas with rice and black beans	<u>9</u> Chicken broccoli Alfredo with breadstick	<u>10</u> Orange Chicken with Cilantro Lime rice and broccoli	<u>11</u> Gil's Pizza with caesar salad
<u>14</u> No school Indigenous People's Day	<u>15</u> Chicken Patty sandwich with potato smiles	<u>16</u> Pasta with Meat Sauce, peas and dinner roll	<u>17</u> Breakfast For Lunch Sausage , waffles and tater tots	<u>18</u> Gil's Pizza with garden salad
<u>21</u> Chicken Tenders with sweet potato Fries	<u>22</u> Egg and cheese on croissant with homefries	<u>23</u> Baked ziti with ricotta, carrots, bread stick	<u>24</u> Meatball Sub with mixed vegetables	<u>25</u> Gil's Pizza with caesar salad
<u>28</u> Chicken Patty sandwich with fries	<u>29</u> BBQ Pulled Pork Sandwich with coleslaw	<u>30</u> Cheese Lasagna with garlic bread and green beans	<u>31</u> Oven Roasted Chicken with mashed potato	<u>1</u> Gil's Pizza with garden salad

Additional Information

In addition to the lunches listed above, the following are also offered daily:

- Fruit and Vegetable Salad Bar
- Assorted Deli Subs
- Uncrustables
- Milk: 1% and Fat Free Chocolate

All students are allowed one free meal at no charge. Additional meals or a la carte items must be purchased via POS accounts or cash. NO CHARGING ON ACCOUNT.

Please let us know if you have any food allergies. Students/families with allergies must be responsible for monitoring meal consumption in order to maintain safety.

Gluten Free options available Daily Please ask your server for them.

This is an equal opportunity provider.

Food Services Director: Patrick Legare Email: plegare@scit.org Phone: (781) 545-8750 ext. 11144