

Gonzales High School – Gonzales Junior High – Gonzales North Avenue

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FEB

MENU 2023

GEAR UP FOR TRACK & FIELD



ANNOUNCEMENTS:
Every day all GISD students can eat a **FREE BREAKFAST AND A FREE LUNCH.**

BREAKFAST: Along with a daily breakfast entrée(s) of the day, assorted breakfast options may include but not limited to: donuts, concha, banana slice, honey buns, cereal bars, cereals, crackers, muffins, pop tart, yogurt, cheese sticks, fruit, fruit juice and FF Chocolate or 1% white milk available daily. HS – Fridays Super Slam

LUNCH: HS Double Cheeseburger available daily, JH & NA Fridays. Multiple daily lunch entrée choices, assorted vegetables, burger fixings, House Salad, fruits/fruit slush, fruit juice (HS), grains, sauces or gravies, FF Chocolate or 1% white milk and condiments are available daily.
MENUS SUBJECT TO CHANGE WITHOUT NOTICE

6 Pig In Blanket, Sausage Wrap (HS) or Breakfast Burrito
Lunch Entrees:
Breaded Chicken, Chicken Fried Steak, Cheeseburger, Hot Wings (HS), Burrito, Chicken Bowl, Pizza, Chicken Bites & Sandwiches

7 Pancake On Stick or Breakfast Croissant
Lunch Entrees:
Chicken Flatbread Quesadilla, Enchilada Casserole, Cheeseburger, Hot Pockets, Pizza, Spicy Tenders, Dill Bites, Mega Minis (HS/JH)

8 Tamales or French Toast Stks
Lunch Entrees:
Spaghetti, General Tso's w/Rice Cheeseburger, Spicy & Regular Chicken Sandwiches, Pizza, Cheeseburger, Spicy & Regular Chicken Tenders, Chicken Bites

9 Breakfast Taco Variety
Lunch Entrees:
Beef Nachos or Chicken Alfredo Cheeseburger, Totally Tacos, Max Sticks, Pizza, Mega Minis (HS & JH), Steak fingers (JH & HS), Chicken Tenders (NA)

10 Breakfast Pizza, or Sausage & Lunch Entrees:
Grilled Ham & Cheese w/Chips, Rib Sandwich/Chips, Philly Steak Sub w/Chips (HS) Pizza, Crispitos Cheeseburger, Max Sticks, Chicken Bites, Spicy Breaded Chicken (HS)

13 Pig In Blanket, Sausage Wrap (HS) or Breakfast Burrito
Lunch Entrees: Chicken Parmesan w/Ziti, Chicken Fried Steak, Spicy Breaded Chicken, Hot Wings (HS), Hot Pocket, Pizza Cheeseburger, Burrito, Tenders

14 Pancake On A Stick, or Breakfast Croissant
Lunch Entrees:
Beef Fajita Tacos-NEW, Totally Tacos Quesadillas, Pizza, Max Sticks, Cheeseburger, Hot Pocket, Bites, Spicy Tenders

15 Tamales or Xtreme Burrito
Lunch Entrees:
Sweet & Sour Chicken w/Rice, Lasagna, Cheeseburger, Pizza, Hot Pocket, Chicken Sandwiches, Chicken Tenders (HS & JH)

16 Breakfast Taco Variety
Lunch Entrees:
Beef Nachos, Chili Cheese Hot Dogs, Max Sticks, Pizza, Cheeseburger, Spicy Chicken Tenders, Chicken Bites, Steak Fingers, Spicy Tenders

17 Breakfast Pizza, or Sausage & Lunch Entrees:
Chopped BBQ Sandwich w/Chips, Meatball Sub w/Chips, Philly Steak Sub w/Chips (HS) Pizza, Crispitos Double Cheeseburger, Max Sticks, Chicken Bites, Spicy Tenders

**20 PRESIDENTS DAY
NO SCHOOL**

21 Pancake On Stick or Breakfast Croissant
Lunch Entrees:
Beef Tamales, Pepper Jack Enchiladas, Cheeseburger, Hot Pockets, Corn Dog, Chicken Bites, Pizza, Spicy Chicken Tenders

22 Tamales or Xtreme Burrito
Lunch Entrees:
Ravioli, Orange Chicken w/Rice, Tortilla Crusted Tilapia, Cheeseburger, Pizza, Hot Pocket, Chicken Sandwiches, Chicken Nuggets, Spicy Chicken Tenders

23 Breakfast Taco Variety
Lunch Entrees:
Beef Nachos, Hot Dogs w/Chili Cheese, Cheeseburger, Totally Tacos, Max Sticks (NA), Chicken Tenders, Spicy Chicken Tenders,

24 Breakfast Pizza
Lunch Entrees:
Shrimp Combo, Mango-Habanero Meatball Sub, Philly Steak Sub w/Chips (HS) Pizza, Crispitos Cheeseburger, Max Sticks, Chicken Bites,

27 Pig In Blanket, Sausage Wrap (HS) or Breakfast Burrito
Lunch Entrees: Salisbury Steak, BBQ Chicken, CF Steak, Meatloaf (HS), Hot Wings, (HS) Burrito, Cheeseburger, Pizza, Chicken Tenders, Chicken Bites JH/NA

28 Pancake On Stick or Breakfast Croissant
Lunch Entrees:
Crispy Beef Tacos, Beef Tamales, Cheeseburger, Hot Pockets, Pizza, Spicy Chicken Tenders, Chicken Bites



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program



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www.SquareMeals.org