

School Cafeteria Menu

Buffalo Gap High School

October 2026

(V) = Vegetarian (GF) = Gluten Free

Date	Day	Main Dishes	Side Dishes	Dessert
Oct 1	Thursday	Muffins, Chocolate <i>or</i> Frudel, Apple <i>or</i> Bun, Honey	Fruit/Fruit Juice, Assortment, Milk	
Oct 2	Friday	Muffins, Chocolate <i>or</i> Donuts, Mini Powdered <i>or</i> Pancakes, Mini Confetti	Fruit/Fruit Juice, Assortment, Milk	
Oct 5	Monday	Muffins, Chocolate <i>or</i> Croissant, Ham & Cheese <i>or</i> Assortment of Cereal, Breakfast Bars & Pop Tarts	Fruit/Fruit Juice, Assortment, Milk	
Oct 6	Tuesday	Muffins, Chocolate <i>or</i> French Toast Sticks <i>or</i> Assortment of Cereal, Breakfast Bars & Pop Tarts	Fruit/Fruit Juice, Assortment, Milk	
Oct 7	Wednesday	Muffins, Chocolate <i>or</i> Burrito, Egg & Cheese <i>or</i> Mini Cinnis	Fruit/Fruit Juice, Assortment, Milk	
Oct 8	Thursday	Muffins, Chocolate <i>or</i> Pizza, Breakfast <i>or</i> Assortment of Cereal, Breakfast Bars & Pop Tarts	Fruit/Fruit Juice, Assortment, Milk	
Oct 9	Friday	Muffins, Chocolate <i>or</i> Waffles, Mini Blueberry <i>or</i> Breakfast, Apple Bites	Fruit/Fruit Juice, Assortment, Milk	
Oct 14	Wednesday	Muffins, Chocolate <i>or</i> Burrito, Egg & Cheese <i>or</i> Assortment of Cereal,	Fruit/Fruit Juice, Assortment, Milk	

Date	Day	Main Dishes	Side Dishes	Dessert
		Breakfast Bars & Pop Tarts		
Oct 15	Thursday	Muffins, Blueberry <i>or</i> Pancake Sausage Nuggets <i>or</i> Assortment of Cereal, Breakfast Bars & Pop Tarts	Fruit/Fruit Juice, Assortment, Milk	
Oct 16	Friday	Muffins, Chocolate <i>or</i> Bagel, Mr. J's Pumpkin w/ Cream Cheese <i>or</i> Bun, Breakfast	Fruit/Fruit Juice, Assortment, Milk	
Oct 19	Monday	Muffins, Blueberry <i>or</i> Pancakes, Mini Maple <i>or</i> Frudel, Apple	Fruit/Fruit Juice, Assortment, Milk	
Oct 20	Tuesday	Muffins, Chocolate <i>or</i> Bagel, Mini Strawberry Cream Cheese <i>or</i> Assortment of Cereal, Breakfast Bars & Pop Tarts	Fruit/Fruit Juice, Assortment, Milk	
Oct 21	Wednesday	Muffins, Chocolate <i>or</i> Pizza, Breakfast <i>or</i> Croissant, Ham & Cheese	Fruit/Fruit Juice, Assortment, Milk	
Oct 22	Thursday	Muffins, Chocolate <i>or</i> Griddle, Sausage & Cheese Pancake <i>or</i> Assortment of Cereal, Breakfast Bars & Pop Tarts	Fruit/Fruit Juice, Assortment, Milk	
Oct 23	Friday	Muffins, Blueberry <i>or</i> Donuts, Mini Powdered <i>or</i> Bun, Honey <i>or</i> Assortment of Cereal, Breakfast Bars & Pop Tarts	Fruit/Fruit Juice, Assortment, Milk	
Oct 26	Monday	Muffins, Chocolate <i>or</i> Croissant, Egg & Fiesta Cheese <i>or</i> Breakfast, Apple Bites	Fruit/Fruit Juice, Assortment, Milk	

Date	Day	Main Dishes	Side Dishes	Dessert
Oct 27	Tuesday	Muffins, Chocolate <i>or</i> Mini Cinnis <i>or</i> Waffles, Mini Blueberry	Fruit/Fruit Juice, Assortment, Milk	
Oct 28	Wednesday	Muffins, Chocolate <i>or</i> French Toast Sticks <i>or</i> Assortment of Cereal, Breakfast Bars & Pop Tarts	Fruit/Fruit Juice, Assortment, Milk	
Oct 29	Thursday	Muffins, Blueberry <i>or</i> Biscuit, Sausage <i>or</i> Assortment of Cereal, Breakfast Bars & Pop Tarts	Fruit/Fruit Juice, Assortment, Milk	
Oct 30	Friday	Muffins, Blueberry <i>or</i> Burrito, Egg & Cheese <i>or</i> Frudel, Apple	Fruit/Fruit Juice, Assortment, Milk	

No School Days: Oct 12, Oct 13

Contact Information

Questions about the menu? Contact us:

goff.ca@augusta.k12.va.us

(540) 337-6021

Note: Please inform cafeteria staff of any food allergies or dietary restrictions.

2026-2027 Milk Options

- Whole White Milk
- Fat Free White Milk
- 1% White Milk
- Fat Free Chocolate
- Fat Free Strawberry
- 1% Lactose Free
- Vanilla Almond Milk
- Chocolate Soy Milk
- Vanilla Soy Milk

School Nutrition Dietary Notices & Information

Allergen Notice

Menu items may contain or come into contact with the following: Milk, Eggs, Wheat, Soy, Peanuts, Tree Nuts, Sesame, Fish, Shellfish

Ingredient labels are reviewed, however, manufacturers may change formulations without notice. Parents/guardians are encouraged to contact the School Nutrition Office with specific allergen concerns

Special Dietary Accommodations

Augusta County Public Schools participates in the National School Lunch Program and School Breakfast Program.

Students requiring meal modifications due to special dietary needs must provide medical documentation by a healthcare provider.

For non-disability dietary preferences or intolerance, accommodations may be considered on a case-by-case basis.

Please contact the School Nutrition Office for assistance.

Menu Changes

Menus are subject to change without notice due to product availability, supply chain disruptions, weather closures, 2 hour delays or unforeseen circumstances.

Reimbursable Meal Information - Offer vs. Serve

All meals meet nutrition standards established by the United States Department of Agriculture.

Students must select at least three meal components. One selection must be at least ½ cup of fruit or vegetable. A variety of fruits and vegetables are offered daily

Contact Information

*Shawn A. Baska
School Nutrition Supervisor
Augusta County Public Schools
540-245-5127
sbaska@augusta.k12.va.us*