

School Cafeteria Menu

Buffalo Gap High School

October 2026

(V) = Vegetarian (GF) = Gluten Free

Date	Day	Main Dishes	Side Dishes	Dessert
Oct 1	Thursday	Corn Dog Nuggets <i>or</i> Steak & Cheese Flatbread <i>or</i> PB&J w/ Protein	Broccoli (Cheese Sauce Optional), Fruit, Choice of, Fruit, Fresh, Vegetable Cup/Side Salad, Milk	Cake, Wacky
Oct 2	Friday	Cheesy Italian Pull-A-Part Bread w/ Dipping Sauce (Optional) <i>or</i> Cheeseburger on Bun <i>or</i> PB&J w/ Protein	Corn, Fruit, Choice of, Fruit, Fresh, Vegetable Cup/Side Salad, Milk	
Oct 5	Monday	Chicken Patty (Regular) on Bun <i>or</i> Chicken Patty (Spicy) on Bun <i>or</i> Sloppy Joe on Bun <i>or</i> PB&J w/ Protein	Squash & Zucchini, Roasted, Apple Cider, Fruit, Fresh, Salad, Side, Milk	
Oct 6	Tuesday	Fresh Sausage Links w/ Scrambled Eggs & Biscuit <i>or</i> Fresh Sausage Links w/ Pancakes <i>or</i> Biscuit, Bacon, Egg & Cheese <i>or</i> PB&J w/ Protein	Apples, Baked, Potato, Tater Bucks, Fruit, Choice of, Vegetable Cup, Fresh, Milk	
Oct 7	Wednesday	Chicken Dumplings w/ Chicken Egg Roll <i>or</i> Chicken, General Tso's w/ Grain <i>or</i> PB&J w/ Protein	Rice, Vegetable Fried, Apple Cider, Fruit, Fresh, Salad, Side, Milk	
Oct 8	Thursday	Grilled Cheese Sandwich <i>or</i> Ham & Cheese Sandwich <i>or</i> PB&J w/ Protein	Soup, Tomato, Soup, Vegetable, Salad, Side, Fruit, Choice of, Fruit, Fresh, Milk	Cookies, Chocolate Chip
Oct 9	Friday	Pizza (French Bread, Pepperoni) <i>or</i> Pizza	Potato, Sweet Waffle Fries, Salad, Side, Fruit,	

Date	Day	Main Dishes	Side Dishes	Dessert
		(Cheese) <i>or</i> Fish, Catfish Strips w/ Grain <i>or</i> PB&J w/ Protein	Choice of, Fruit, Fresh, Milk	
Oct 14	Wednesday	Cheese Filled Breadsticks w/ Dipping Sauce (Optional) <i>or</i> Meatball Sub <i>or</i> PB&J w/ Protein	Beans, Greens, Vegetable Cup/Side Salad, Fruit, Choice of, Fruit, Fresh, Milk	
Oct 15	Thursday	Cheeseburger on Bun <i>or</i> Chicken Mac & Cheese w/ Grain <i>or</i> PB&J w/ Protein	Beans, Baked, Vegetables, Mixed, Vegetable Cup/Side Salad, Fruit, Choice of, Fruit, Fresh, Milk	
Oct 16	Friday	Quesadilla, Cheese <i>or</i> Pork BBQ on Bun <i>or</i> PB&J w/ Protein	Corn, Vegetable Cup/ Side Salad, Fruit, Choice of, Fruit, Fresh, Milk	
Oct 19	Monday	Buffalo Chicken Flatbread <i>or</i> Beef Teriyaki Bites w/ Grain <i>or</i> PB&J w/ Protein	Broccoli Normandy Mix, Vegetable Cup/Side Salad, Fruit, Choice of, Fruit, Fresh, Vegetable Cup/Side Salad, Milk	
Oct 20	Tuesday	Walking Beef Tacos w/ Chips <i>or</i> Turkey & Cheese Sub <i>or</i> PB&J w/ Protein	Corn, Beans, Refried, Fruit, Choice of, Fruit, Fresh, Vegetable Cup/ Side Salad, Milk	
Oct 21	Wednesday	Lasagna w/ Grain <i>or</i> Corn Dog <i>or</i> PB&J w/ Protein	Beans, Greens, Fruit, Choice of, Fruit, Fresh, Vegetable Cup/Side Salad, Milk	
Oct 22	Thursday	Chicken Chunks w/ Grain <i>or</i> Turkey & Cheese on Bun <i>or</i> PB&J w/ Protein	Potato, Mashed, Peas, Green, Fruit, Choice of, Fruit, Fresh, Salad, Side, Milk	Apple Crisp
Oct 23	Friday	Cheeseburger on Bun <i>or</i> Pork BBQ on Bun <i>or</i> PB&J w/ Protein	Onion Rings, Carrots, Glazed, Fruit, Choice of, Fruit, Fresh, Salad, Side, Milk	
Oct 26	Monday	Chicken Patty (Regular) on Bun <i>or</i> Chicken Patty (Spicy) on Bun <i>or</i>	Mac-N-Cheese, Vegetables, Mixed, Fruit, Choice of, Fruit, Fresh,	

Date	Day	Main Dishes	Side Dishes	Dessert
		Meatloaf w/ Grain <i>or</i> PB&J w/ Protein	Vegetable Cup/Side Salad, Milk	
Oct 27	Tuesday	Pizza (French Bread, Pepperoni) <i>or</i> Hawaiian Pizza <i>or</i> Sloppy Joe on Bun <i>or</i> PB&J w/ Protein	Potato, Au Gratin, Fruit, Choice of, Fruit, Fresh, Vegetable Cup/Side Salad, Milk	
Oct 28	Wednesday	Chicken Alfredo w/ Grain <i>or</i> Ham & Cheese Sandwich <i>or</i> PB&J w/ Protein	Broccoli , Vegetable Cup/Side Salad, Fruit, Choice of, Fruit, Fresh, Vegetable Cup/Side Salad, Milk	
Oct 29	Thursday	Beef-A-Roni w/Grain <i>or</i> Corn Dog Nuggets <i>or</i> PB&J w/ Protein	Beans, Greens, Vegetable Cup/Side Salad, Fruit, Choice of, Fruit, Fresh, Milk	
Oct 30	Friday	Chicken, Asian w/ Grain <i>or</i> PB&J w/ Protein	Rice, Vegetable Fried, Beans, Baked, Vegetable Cup/Side Salad, Fruit, Choice of, Fruit, Fresh, 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*