

Menus for April 2024



GATEWAY SENIOR HIGH SCHOOL BREAKFAST & LUNCH MENU

Gateway School District is an equal opportunity education institution and will not discriminate on the basis of race, color national origin, sex, age and handicap in its activities, programs or employment practices as required by Title VI, Title IX, Section 504 and further, with the PA Human Relations Act. For info. regarding civil rights or grievance procedures, contact the Title IX Coord. or the Section 504/ADA Title II Coord. at (412-372-5300). For info. regarding services, activities and facilities that are accessible to and usable by handicapped persons, contact the School Board Secretary (412-372-5300).

Available Daily!

**Steamed Vegetables + Fresh Vegetables
w/ Dip + Tossed Garden Salad**

**Assorted Fresh and / or Canned Fruit
Assorted 100% Fruit Juice**

**Choose up to 4 Servings of
Fruits & /or Veggies with Lunch**

Note: “+” symbol denotes item
contains pork.

Gator Café Daily Specials

Tuesday, April 2

WG Chicken Tenders,
Baked French Fries, & WG Roll

Wednesday, April 3

WG Ravioli w/ Marinara Sauce,
Green Beans w/ Garlic Bread Stick

Thursday, April 4

WG Hot Philly Cheese Steak w/
Sautéed Peppers & Onions
& Crispy Curly Fries

Friday, April 5

WG “Big Daddy” Pizza
w/ Veggie du Jour

Monday, April 8

+ Tangy BBQ Rib Sandwich +
& Potato Smiles

Tuesday, April 9

Buffalo Chicken Nachos w/ or w/o
Cheese, Zesty Salsa, & Lettuce

Wednesday, April 10

BBQ Chicken, Cheddar Mashed
Potatoes, & Garlic Bread Stick,

Thursday, April 11

WG Chicken Nuggets,
Baked French Fries, & WG Roll

Friday, April 12

WG Bosco Sticks
w/ Dipping Sauce

Monday, April 15

WG Bacon Cheeseburger
& Baked Tater Tots

Tuesday, April 16

+ WG BBQ Pulled Pork +
Submarine w/ Baked Potato Smiles

Wednesday, April 17

WG Penne w/ Meatsauce, Green
Beans w/ Garlic Bread Stick

Thursday, April 18

+ WG Meat Lovers Stromboli +
& Homemade Chicken
Noodle Soup

Friday, April 19

Assorted WG Pizza Selections
w/ Veggie du Jour

Monday, April 22

WG Personal Pan Pizza &
Veggie Blend Du Jour

Tuesday, April 23

**NO SCHOOL
IN-SERVICE DAY**

Wednesday, April 24

Popcorn Chicken, WG Waffle,
& Warm Cinnamon Apples

Thursday, April 25

Salisbury Steak, Whipped Potatoes
w/ Gravy & WG Roll

Friday, April 26

Baked Italian Dunkers
w/ Dipping Sauce

Monday, April 29

WG “Breaded Boneless Chicken
Wings, Oven Baked Potato
Wedgers, & WG Roll

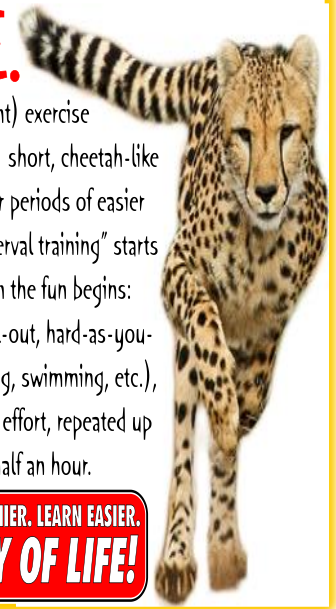
Tuesday, April 30

WG Toasted Cheese Sandwich w/
Tomato Soup & Veggie Blend

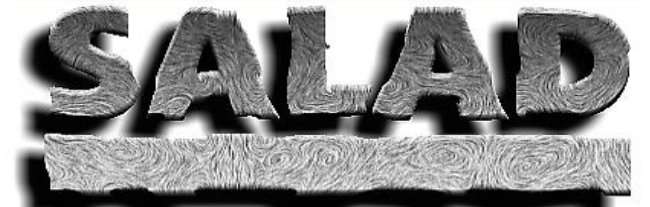
***MENU*
*SUBJECT TO CHANGE***

INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called “high intensity interval training” starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**



YOU LOVE IT. WE HAVE IT. SO COME 'N GET IT.

We feature great salad choices every day.
Hey, it's written in stone!

**BREAKFAST
IS**

FREE

**FOR
ALL STUDENTS
EVERY SCHOOL DAY.**

**(Just thought
we'd remind you.)**

**Weekends
Nights**

We have the
perfect job for you:

See the kids off to school &
return home before they do.
Also have summers, weekends,
& nights off. Call Food Service
at 412-373-5777.

**PLEASE SEE REVERSE SIDE FOR
ITEMS AVAILABLE EVERY DAY**

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

GATEWAY SCHOOL DISTRICT FOOD & NUTRITION

Fryz N' Stuff

- Cheeseburger/ WG Bun
- Breaded Chicken Patty on Whole Grain Bun
- Hamburger on WG Bun
- Spicy Chicken Patty on Whole Grain Bun
- Grilled Chicken Patty on Whole Grain Bun

27.5 BY THE NUMBERS
 PERCENTAGE OF STUDENTS ENROLLED IN AMERICAN HIGH SCHOOLS WHO HAVE A JOB DURING THE SCHOOL YEAR

Sandwich Shop (Available Daily)

Grab N' Go Deli Selections:

Gateway Hoagie, Fresh Wraps w/ WG Baked Corn Chips, Assorted Sandwiches w/ Whole Grain Chips

WG Uncrustable Peanut Butter & Jelly Combo

"YO 2 GO" Combo Meal

w/ String Cheese, Yogurt, & Goldfish Grahams

Gator Café Breakfast Menu

- Tuesday, April 2**
Assorted Breakfast Pastries
- Wednesday, April 3**
WG Mini Pancakes "To Go!"
- Thursday, April 4**
Breakfast Sausage Pizza
- Friday, April 5**
WG Breakfast Sandwich

- Monday, April 8**
Assorted Breakfast Pastries
- Tuesday, April 9**
Breakfast Sausage Pizza
- Wednesday, April 10**
Pancake Sausage Stick
- Thursday, April 11**
Breakfast Sausage Pizza
- Friday, April 12**
WG Breakfast Sandwich

- Monday, April 15**
Assorted Breakfast Pastries
- Tuesday, April 16**
Breakfast Sausage Pizza
- Wednesday, April 17**
WG Mini Pancakes "To Go!"
- Thursday, April 18**
Breakfast Sausage Pizza
- Friday, April 19**
WG Breakfast Sandwich

- Monday, April 22**
Assorted Breakfast Pastries
- Tuesday, April 23**
NO SCHOOL IN-SERVICE DAY
- Wednesday, April 24**
Pancake Sausage Stick
- Thursday, April 25**
Breakfast Sausage Pizza
- Friday, April 26**
WG Breakfast Sandwich

- Monday, April 29**
Assorted Breakfast Pastries
- Tuesday, April 30**
Breakfast Sausage Pizza

WG Breakfast Pastries, WG Cereal, & Assorted Milk & Juice Available Daily



MENU
SUBJECT TO CHANGE



HERB/SPICE

Basil



Herbs and spices are plants that are used to flavor food. Basil is a key ingredient in many Italian dishes, and it's super easy to grow from seed. Fresh Basil should be added just before serving so it doesn't lose its flavor.

OF THE MONTH

First things First

BREAKFAST @SCHOOL

For first-class learning!

Salad Express

Offerings Available Daily:

Grab n' Go Salads including:

Gluten Free (GF) Fresh Fruit Platter w/ string cheese, flavored yogurt, & Goldfish Graham (Seasonal)

Gluten Free (GF) Garden Veggie Salad

Assorted Specialty Salads

PLEASE SEE REVERSE SIDE FOR ITEMS AVAILABLE EVERY DAY