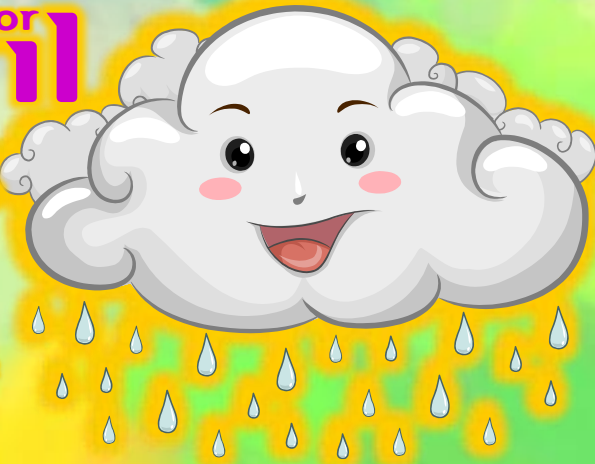


# Menus for April 2024

## GATEWAY ELEM. (K-4) BREAKFAST & LUNCH MENU



This institution is an equal opportunity provider. Menus are subject to change.

Wednesday, April 3

### Breakfast

Whole Grain Pancake  
Sausage Stick  
Choice of Fruit  
100% Fruit Juice

### Lunch

WG Cheeseburger/ Bun  
Baked Potato Smiles  
Choice of Veggie  
Chilled Peaches  
Choice of Fruit

Thursday, April 4

### Breakfast

Whole Grain Breakfast  
Sausage Pizza  
Choice of Fruit  
100% Fruit Juice

### Lunch

WG Chicken Nachos  
w/ or w/o Cheese OR  
Cheeseburger/ WG Bun  
Niblets of Corn  
Choice of Veggie  
Whole Fruit Juice Cup  
Choice of Fruit

Friday, April 5

### Breakfast

Asst. Whole Grain  
Breakfast Pastries  
100% Juice & Fruit

### Lunch

WG Schwann's French  
Bread Cheese Pizza OR  
WG Cheeseburger/ Bun  
Peas & Carrots  
Choice of Veggie  
Chilled Fruit Cocktail  
Choice of Fruit

Monday, April 8

**Flexible  
Instructional  
Day**

**No Meal  
Service  
Scheduled**

Monday, April 1



**No  
School  
Today**

**DON'T 4 GET!**

**To make a lunch,  
choose at least one**



or



**and 3-5  
items  
total**



**GATEWAY SCHOOL DISTRICT  
FOOD & NUTRITION**

Tuesday, April 2

### Breakfast

Baked Whole Grain  
"Cinni Mini" Rolls  
100% Juice & Fruit

### New Lunch Item

WG Chicken Club  
Sandwich w/ Turkey  
Bacon & Cheese OR  
WG Cheeseburger/ Bun  
Baked Curly Fries  
Choice of Veggie  
Mandarin Oranges  
Choice of Fruit

Tuesday, April 9

### Breakfast

Baked Whole Grain  
Apple Frudel  
100% Juice & Fruit

### Lunch

WG Chicken Nuggets  
w/ WG Dinner Roll OR  
WG Chicken Corndog  
Baked Potato Wedges  
Choice of Veggie  
Chilled Peaches  
Choice of Fruit

Wednesday, April 10

### Breakfast

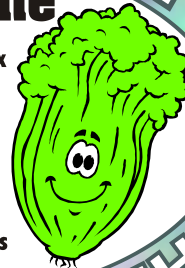
WG Mini Pancakes  
Choice of Fruit  
100% Fruit Juice

### Lunch

WG Italian Dunkers  
w/ Dipping Sauce OR  
WG Chicken Corndog  
Savory Green Beans  
Whole Fruit Juice Cup  
Choice of Fruit

**VEGETABLE  
Romaine**

Romaine lettuce contains six times more vitamin C, four times more calcium, and ten times more beta carotene than ordinary iceberg lettuce, and it's very high in folic acid, too. Best of all, it has more flavor!



**OF THE MONTH**

Thursday, April 11

### Breakfast

Whole Grain Breakfast  
Sausage Pizza  
100% Juice & Fruit

### New Lunch Item

WG Breaded Boneless  
Wings w/ WG Roll OR  
WG Chicken Corndog  
Oven Baked Fries  
Choice of Veggie  
Craisins "Snack Pack"  
Choice of Fruit

Friday, April 12

### Breakfast

Asst. Whole Grain  
Breakfast Pastries  
100% Juice & Fruit

### Lunch

+WG "Meat Lovers  
Stromboli +w/  
Dipping Sauce OR  
WG Chicken Corndog  
Cheesy Broccoli  
Chilled Pears  
Choice of Fruit

**Available Daily**

### Alternate Lunch Entrée Items:

As listed/choice of Entrée Salad, Deli  
Hoagie, "YO 2 GO!" Combo or PB&J Sand.

### Alt. Lunch Fruit & Veggie Items:

Assorted Fresh or Canned Fruit  
Premium Tossed Garden Salad

### Choice of Low Fat/ Fat Free Milk

Asst. 100% Pasteurized Fruit Juice

**Breakfast: Assorted WG Cereal,  
& Whole Grain Grahams**

**Note: "+" symbol denotes contains pork**

# YOU'RE GOOD



**ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG**

**GATEWAY SCHOOL DISTRICT FOOD & NUTRITION**

**Monday, April 15**

**Breakfast**

Baked WG BenefIT  
Breakfast Bar  
100% Juice & Fruit

**Lunch**

Chicken Patty Sandwich on Whole Grain Bun  
Baked Potato Smiles  
Choice of Veggie  
Craisins "Snack Pack"  
Choice of Fruit

**Tuesday, April 16**

**Breakfast**

WG Mini Pancakes  
Choice of Fruit  
100% Fruit Juice

**Lunch**

WG "Bosco Sticks" w/ Dipping Sauce or Chicken Patty Sandwich on Whole Grain Bun  
Savory Green Beans  
Choice of Veggie  
Mandarin Oranges  
Choice of Fruit

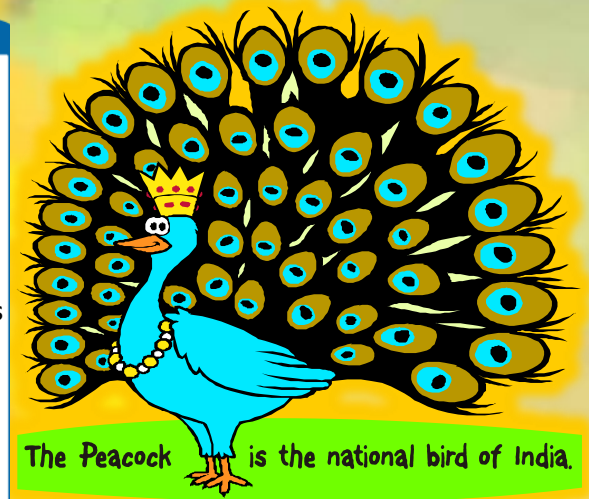
**Wednesday, April 17**

**Breakfast**

Whole Grain Pancake  
Sausage Stick  
Choice of Fruit  
100% Fruit Juice

**Lunch**

WG Penne w/ Meatballs w/ Garlic Bread Stick  
OR Chicken Patty Sandwich on WG Bun  
Peas & Carrots  
Pineapple Tidbits  
Choice of Veggie  
Choice of Fruit



**Thursday, April 18**

**Breakfast**

Whole Grain Breakfast  
Sausage Pizza  
Choice of Fruit  
100% Fruit Juice

**Lunch**

WG Ham & Cheese Melt OR Chicken Patty Sandwich on WG Bun  
Golden Potato Wedges  
Chilled Fruit Cocktail  
Choice of Veggie  
Choice of Fruit

**Note "+" symbol denotes contains pork**

**Friday, April 19**

**Breakfast**

Asst. Whole Grain Breakfast Pastries  
100% Juice & Fruit

**Lunch**

WG Schwann's French Bread Cheese Pizza OR WG Chicken Patty Sandwich  
Niblets of Corn  
Choice of Veggie  
Whole Fruit Juice Cup  
Choice of Fruit



**Monday, April 22**

**Breakfast**

Baked Whole Grain "Cinni Mini" Rolls  
100% Juice & Fruit

**Lunch**

WG Chicken Tenders w/ WG Dinner Roll  
Oven Baked Beans  
Choice of Veggie  
Chilled Peaches  
Choice of Fruit

**Tuesday, April 23**



**No School Today**  
**In-Service Day**

**Wednesday, April 24**

**Breakfast**

WG Mini Pancakes  
Choice of Fruit  
100% Fruit Juice

**New Lunch Item**

Ravioli w/ Marinara  
Garlic Bread Stick  
OR Hot Dog / WG Bun  
Savory Green Beans  
Choice of Veggie  
Chilled Pears  
Choice of Fruit

**Thursday, April 25**

**Breakfast**

Whole Grain Breakfast  
Sausage Pizza  
Choice of Fruit  
100% Fruit Juice

**Lunch**

Doritos Locos Beef Walking Taco w/Cheese & Zesty Salsa  
OR Hot Dog / WG Bun  
Niblets of Corn  
Pineapple Tidbits  
Choice of Fruit

**Friday, April 26**

**Breakfast**

WG Ham & Cheese Bagel Sandwich  
Choice of Fruit  
100% Fruit Juice  
100% Juice & Fruit

**Lunch**

WG Personal Pan Pizza OR Hot Dog / WG Bun  
Cheesy Broccoli  
Choice of Veggie  
Applesauce  
Choice of Fruit

**Monday, April 29**

**Breakfast**

Baked Whole Grain Apple Frudel  
100% Juice & Fruit

**Lunch**

WG Chicken Nuggets  
WG Dinner Roll  
Oven Baked Fries  
Choice of Veggie  
Mandarin Oranges  
Choice of Fruit

**Tuesday, April 30**

**Breakfast**

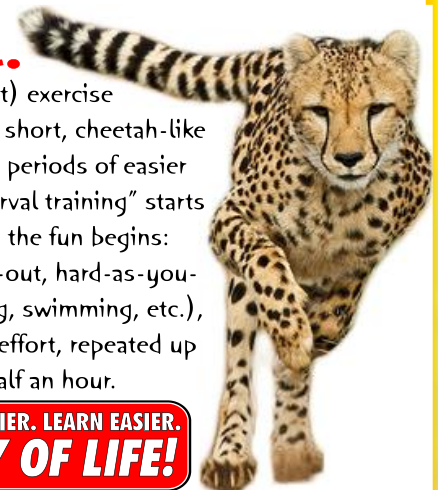
Whole Grain Breakfast  
Sausage Pizza  
Choice of Fruit  
100% Fruit Juice

**Lunch**

WG Toasted Cheese Sandwich  
Creamy Tomato Soup  
OR Chicken Nuggets w/ Whole Grain Roll  
Choice of Veggie  
Applesauce  
Choice of Fruit

**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!**