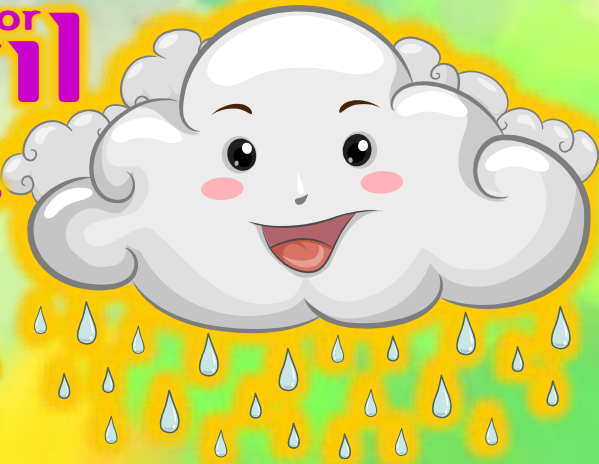


Menus for April 2024

MOSS SIDE MIDDLE (5-8) 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
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
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 GET!
To make a lunch, choose at least one



GATEWAY SCHOOL DISTRICT

Tuesday, April 2

Breakfast

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

New Lunch Item

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

Tuesday, April 9

Breakfast

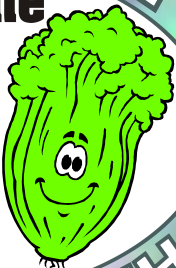
Baked Whole Grain
Apple Frudel
100% Juice & Fruit

Lunch

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

Wednesday, April 10

Breakfast

WG Mini Pancakes
Choice of Fruit
100% Fruit Juice

Lunch

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

Thursday, April 11

Breakfast

Whole Grain Breakfast
Sausage Pizza
100% Juice & Fruit

New Lunch Item

WG Breaded
Boneless Wings
w/ WG Roll
Baked Potato Smiles
Choice of Veggie
Craisins "Snack Pack"
Choice of Fruit

Daily Alt. Lunch Items

Pre-made Salads
PB&J Combo Meal
Gateway Hoagie or
Turkey Sub. Combo
"Yo 2 Go" Combo
Garden Veggie or
Chick. Garden Salad

Breakfast & Lunch

100% Fruit Juice

Alternative Lunch Fruit & Veggies

Premium Tossed
Garden Salad
Assorted Fresh or
Canned Fruit

5th & 6th

Weekly Entrees

Wk 1 Chix Patty Sand.
Wk 2 Cheeseburger
Wk 3 Spicy Chix Sand.
Wk 4 Cheeseburger

7th & 8th Daily Entrees

Spicy Chicken Sand.
Cheeseburger/ Bun
Chicken Patty /Bun

Choice of Low Fat/ Fat Free Milk

Note: "+" symbol denotes item contains pork.

Friday, April 12

Breakfast

Asst. Whole Grain
Breakfast Pastries
100% Juice & Fruit

Lunch

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

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
WG Carnival Corn Dogs
Baked Potato Smiles
Choice of Veggie
Craisins "Snack Pack"
Choice of Fruit

Tuesday, April 16

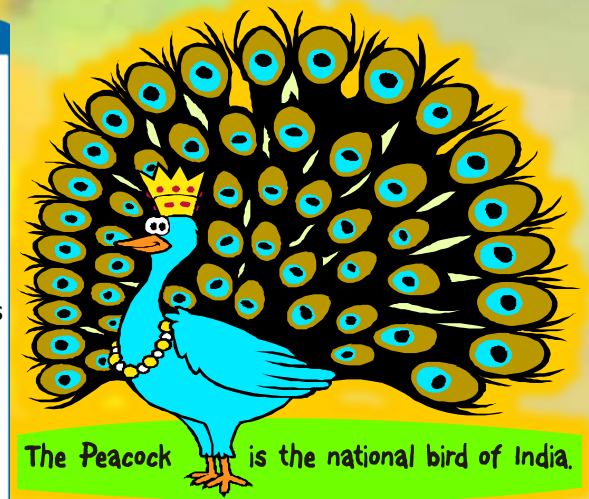
Breakfast
WG Mini Pancakes
Choice of Fruit
100% Fruit Juice

Lunch
WG "Bosco Sticks"
w/ Dipping Sauce
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
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
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
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 Fries
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
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
Niblets of Corn
Pineapple Tidbits
Choice of Fruit

Friday, April 26

Breakfast
WG Ham & Cheese
Bagel Sandwich
100% Juice & Fruit

Lunch
WG Personal Pan Pizza
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
Baked Curly Fries
Choice of Veggie
Mandarin Oranges
Choice of Fruit

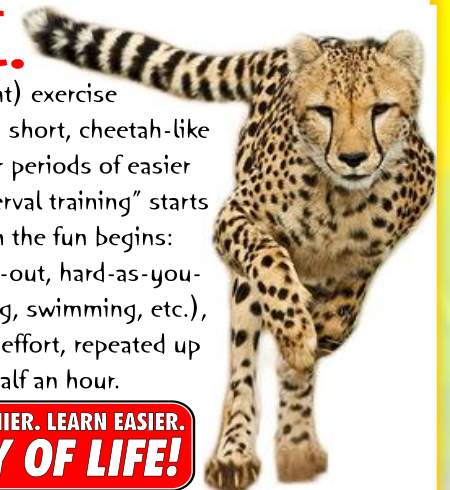
Tuesday, April 30

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

Lunch
WG Toasted
Cheese Sandwich
Creamy Tomato Soup
Choice of Veggie
Fresh Petite Banana
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!