

**GATEWAY SENIOR HIGH SCHOOL
BREAKFAST & LUNCH MENU**

**MENUS FOR
MARCH
2024**

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 + Lettuce & Tomato Garnish + Strawberry Spinach Salad Caesar Salad + Tossed Garden Salad

**Assorted Fresh or Canned Fruit
Assorted 100% Fruit Juice
100% Frozen Fruit Juice Cups**

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

Gator Café Daily Specials

Friday, March 1

WG Buffalo Chicken or Cheese
Pizza Selections w/ Veggie du Jour

Monday, March 4

WG Chicken Tenders, Baked
Potato Smiles & WG Roll

Tuesday, March 5

WG Toasted Cheese Sandwich w/
Tomato Soup & Veggie Blend

Wednesday, March 6

Open-faced Hot Pork Sandwich w/
Whipped Potatoes & WG Roll

Thursday, March 7

*****NEW MENU ITEM*****
WG Chicken Cordon Bleu Sandwich
w/ Crispy Baked French Fries

Friday, March 8

Baked Italian Dunkers
w/ Dipping Sauce

Monday, March 11

WG Black Jack Bacon
Cheeseburger & Baked Fries

Tuesday, March 12

WG Bosco Sticks
w/ Dipping Sauce

Wednesday, March 13

*****NEW MENU ITEM*****
WG Seasoned Chicken Pasta
"Italiano" w/ Garlic Bread Stick

Thursday, March 14

Homestyle BBQ Chicken Wrap w/
Pepper Jack / Cheddar Cheeses
& Oven Baked Tater Tots

Friday, March 15

WG "Big Daddy" Pizza
w/ Veggie du Jour

Monday, March 18

WG Grilled Chicken Club Sandwich,
& Crispy Baked Fries,

Tuesday, March 19

WG Mini Carnival Corn Dogs &
Potato Wedges Combo Meal

Wednesday, March 20

WG Penne w/ Meatsauce
Garlic Bread Stick, & Hot Veg.

Thursday, March 21

WG "Breaded Boneless Chicken
Wings, Potato / Cheese Pierogies
& Oven Baked Beans

Friday, March 22

WG Cheese or Pepperoni Pizza
w/ Veggie du Jour

Monday, March 25

American Burger w/ Turkey Bacon,
American Cheese, & BBQ Sauce
w/ Oven Baked French Fries

Tuesday, March 26

Popcorn Chicken, WG Waffle,
& Warm Cinnamon Apples

Wednesday, March 27

WG Personal Pan Pizza w/
Veggie du Jour

**Spring
Break**

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

TRY BREAKFAST@SCHOOL!

If you're like a lot of teens, eating a healthy breakfast while you're rushing to get out the door in the morning can be a real hassle. This month, we're celebrating National School Breakfast Week, March 3-7 -- which makes this a great time to give hassle-free Breakfast@School a try!



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

10,000 BY THE NUMBERS
THERE ARE 10,000 3-LEAF CLOVERS FOR EVERY 4-LEAF CLOVER IN A CLOVER PATCH

NOW HIRING

Join our TEAM!

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

BREAKFAST IS FREE FOR ALL STUDENTS EVERY SCHOOL DAY. (Just thought we'd remind you.)

Please see reverse side for items available every day

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

Fryz N' Stuff

- | | |
|--|--|
| Cheesburger/ 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 | WG Fish Sandwich (Friday Only) |



YOU LOVE IT. WE HAVE IT. SO COME 'N GET IT.
We feature great salad choices every day. Hey, it's written in stone!

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

7/2 BY THE NUMBERS
IN A RECENT YEAR, 7% OF TEENS ATE THE RECOMMENDED DAILY SERVINGS OF FRUIT AND 2% DID SO FOR VEGGIES

Gator Café Breakfast Menu

Friday, March 1

WG Breakfast Sandwich

Monday, March 4

Assorted Breakfast Pastries

Tuesday, March 5

Breakfast Sausage Pizza

Wednesday, March 6

Pancake Sausage Stick

Thursday, March 7

Breakfast Sausage Pizza

Friday, March 8

WG Breakfast Sandwich

Monday, March 11

Assorted Breakfast Pastries

Tuesday, March 12

Breakfast Sausage Pizza

Wednesday, March 13

WG Mini Pancakes "To Go!"

Thursday, March 14

Breakfast Sausage Pizza

Friday, March 15

WG Breakfast Sandwich

Monday, March 18

Assorted Breakfast Pastries

Tuesday, March 19

Breakfast Sausage Pizza

Wednesday, March 20

Pancake Sausage Stick

Thursday, March 21

Breakfast Sausage Pizza

Friday, March 22

WG Breakfast Sandwich

Monday, March 25

Assorted Breakfast Pastries

Tuesday, March 26

Breakfast Sausage Pizza

Wednesday, March 27

WG Mini Pancakes "To Go!"

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

MENU

SUBJECT TO CHANGE

Now Appearing ...

SPRING BREAK!
SPECIAL LIMITED ENGAGEMENT!

Break begins at the end of classes:
Wed, March 27th & resume Tues, Apr 2nd

NUTRITION TO GO

Grapes are a great snack fruit – they keep well and travel well, and kids (of all ages) eat 'em up. Scientists now tell us that grapes are loaded with a substance called "ellagic acid," which helps the body fight off production of cancer cells. The skin of red grapes also slows the buildup of bad LDL cholesterol.

A QUICK BITE FOR TEENS

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