


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

**MENUS FOR  
MARCH 2024**

*This institution is an equal opportunity provider and employer.*

**OUR NATION'S HISTORY**



**B**eginning with a severe famine in the 1840's, millions of Irish people came to America seeking a better life and greater freedom. By the late 1800's, New York had a larger population of people born in Ireland than did Dublin, the Irish capital. Today, more than 30 million Americans claim Irish heritage, more than seven times the entire population of Ireland itself.

**WITH LIBERTY & JUSTICE FOR ALL**

**Friday, March 1**

**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

*Like to read?*



*Don't keep it  
under your hat!*

*March 1 is "Read Across  
America" Day in honor of  
Dr. Seuss's Birthday  
(March 2)*

**Monday, March 4**

**Breakfast**  
Baked WG BeneFIT  
Breakfast Bar  
100% Juice & Fruit

**Lunch**  
WG Chicken Nuggets  
w/ WG Dinner Roll  
Oven Baked Beans  
Choice of Veggie  
Pineapple Tidbits  
Choice of Fruit

**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.**

**Tuesday, March 5**

**Breakfast**  
Baked Whole Grain  
Apple Frudel  
100% Juice & Fruit

**Lunch**  
WG Bacon  
Cheeseburger OR  
WG Chicken Corndog  
Baked Potato Wedges  
Choice of Veggie  
Chilled Peaches  
Choice of Fruit

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @  
NO COST ALL YEAR LONG

GATEWAY SCHOOL DISTRICT FOOD & NUTRITION

**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  
Assorted 100% Fruit Juice

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

**Wednesday, March 6**

**Breakfast**  
WG Mini Pancakes  
Choice of Fruit  
100% Fruit Juice

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

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

**Thursday, March 7**

**Breakfast**  
Whole Grain Breakfast  
Sausage Pizza  
100% Juice & Fruit

**New Lunch Item**  
WG Breaded Boneless  
Wings w/ WG Roll OR  
WG Chicken Corndog  
Baked Potato Smiles  
Choice of Veggie  
Craisins "Snack Pack"  
Choice of Fruit

**Friday, March 8**

**Breakfast**  
Asst. Whole Grain  
Breakfast Pastries  
100% Juice & Fruit

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

FIRST THINGS FIRST!

This year, we've been telling you a lot about the educational and health benefits of eating a nutritious breakfast. Remember: kids can't do their best unless they're well fed in the morning!



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

Monday, March 11

**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, March 12

**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, March 13

**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, March 14

**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, March 15

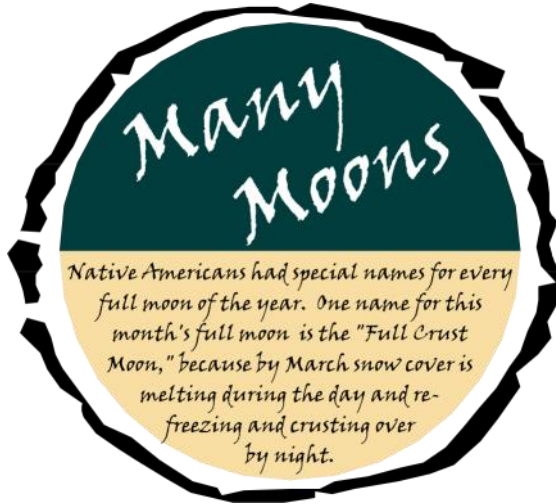
**Breakfast**

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

**MARCH IS NATIONAL  
NUTRITION  
MONTH**



Monday, March 18

**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, March 19

**Breakfast**

Baked WG BeneFIT  
Breakfast Bar  
100% Juice & Fruit

**Lunch**

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

Wednesday, March 20

**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, March 21

**Breakfast**

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

**Lunch**

WG Popcorn Chicken  
WG Waffle OR  
OR Hot Dog / WG Bun  
Golden Hash Brown  
Choice of Veggie  
Mandarin Oranges  
Choice of Fruit

Friday, March 22

**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, March 25

**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, March 26

**Breakfast**

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

**Lunch**

Seasoned Beef Nachos  
w/ Cheese & Salsa OR  
Chicken Nuggets w/  
Whole Grain Roll  
Niblets of Corn  
Applesauce  
Choice of Fruit

Wednesday, March 27

**Breakfast**

Asst. Whole Grain  
Breakfast Pastries  
100% Juice & Fruit

**Lunch**

WG "Big Daddy" Pizza  
OR Chicken Nuggets w/  
Whole Grain Roll  
Savory Green Beans  
Choice of Fruit/ Veggie  
Chilled Pears  
Choice of Fruit



**NUTRITION TO GO**

**Turns out Grandma was right:  
chicken soup IS good for a cold!  
Chicken soup helps to ease cold  
symptoms by breaking up congestion,  
keeping you hydrated, and even acting  
as an anti-inflammatory. The taste  
and aroma can be therapeutic, too!  
There's no cure for a cold, but a  
piping hot bowl of soup can  
at least offer some relief.**

**A QUICK BITE FOR PARENTS**