

**MOSS SIDE MIDDLE (5-8)  
BREAKFAST & LUNCH MENU**

**MENUS FOR  
MARCH 2024**

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

**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!**

**Available Daily**

<b>Daily Alt. Lunch Items</b>	<b>5th &amp; 6th Weekly Entrees</b>
Pre-made Salads	Wk 1 Cheeseburger
PB&J Combo Meal	Wk 2 Chix Patty Sand
Gateway Hoagie or Turkey Sub. Combo	Wk 3 Cheeseburger/ Whole Grain Bun
"Yo 2 Go" Combo	Wk 4 Spicy Chix Sand
Garden Veggie or Chicken Garden Salad	<b>7th &amp; 8th Daily Entrees</b>
<b>Breakfast &amp; Lunch</b>	Spicy Chicken Sand.
100% Fruit Juice	Cheeseburger/ Bun
<b>Alternative Lunch</b>	Chicken Patty / Bun
<b>Fruit &amp; Veggies</b>	<b>Choice of Low Fat/ Fat Free Milk</b>
Premium Tossed Garden Salad	
Assorted Fresh or Canned Fruit	

**Friday, March 1**

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

**Lunch**  
WG Schwann's French  
Cheese Bread Pizza  
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  
Baked Potato Wedges  
Choice of Veggie  
Chilled Peaches  
Choice of Fruit

**10,000 BY THE NUMBERS**

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

**YOU'RE GOOD**

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

**GATEWAY SCHOOL DISTRICT FOOD & NUTRITION**

**Wednesday, March 6**

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

**Lunch**  
+WG "Meat Lovers Stromboli +w/ Dipping Sauce  
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  
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  
Savory Green Beans  
Whole Fruit Juice Cup  
Choice of Fruit

Daylight Saving Time was first proposed by Benjamin Franklin in 1784, as a way to save money on candles!

**Spring forward on March 10**

Monday, March 11

**Breakfast**

Baked WG BeneFIT  
Breakfast Bar  
100% Juice & Fruit

**Lunch**

WG Carnival Corndog  
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  
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  
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  
Golden Potato Wedges  
Chilled Fruit Cocktail  
Choice of Veggie  
Choice of Fruit

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

Friday, March 15

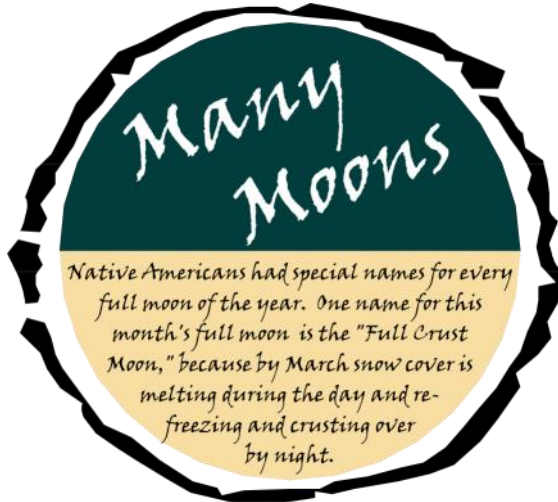
**Breakfast**

Asst. Whole Grain  
Breakfast Pastries  
100% Juice & Fruit

**Lunch**

WG Personal Pan Pizza  
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**

Seasoned Beef  
Nachos w/ Cheese  
& Zesty Salsa  
Niblets of Corn  
Applesauce  
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  
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  
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 Homestyle  
School Pizza  
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**

Doritos Locos Beef  
Walking Taco w/Cheese  
& Zesty Salsa  
Niblets of Corn  
Pineapple Tidbits  
Choice of Fruit

Wednesday, March 27

**Breakfast**

Asst. Whole Grain  
Breakfast Pastries  
100% Juice & Fruit

**Lunch**

WG "Big Daddy" Pizza  
Savory Green Beans  
Choice of Veggie  
Chilled Pears  
Choice of Fruit

