

# Menus for May-June 2024



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

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

# ★ OUR NATION'S HISTORY ★

**Our Nation's Sweet Tooth**  
Annual consumption of added sugar by the average American 1822-2005

In 1822, it took the average American 5 days to eat the amount of added sugar that's in one 12-oz. can of soda. In the twenty-first century, on average, we eat that much added sugar every 7 hours!

Source: Dr. Stephan Guyenet, Whole Health Source

## ★ WITH LIBERTY & JUSTICE FOR ALL ★

**Wednesday, May 1**

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

**Lunch**  
WG "Bosco Sticks"  
w/ Dipping Sauce or  
OR Chicken Nuggets w/  
Whole Grain Roll  
Cheesy Broccoli  
Chilled Pears  
Choice of Fruit

**Thursday, May 2**

**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  
Pineapple Tidbits  
Choice of Fruit

## SCHOOL LUNCH HERO DAY

# THANK YOU!

MAY 3, 2024

HEROS, WE SAULUTE YOU!!!

**Friday, May 3**

**SCHOOL LUNCH HERO DAY**

**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 Peaches  
Choice of Fruit



**Monday, May 6**

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

**Lunch**  
WG Cheeseburger/ Bun  
Baked Potato Smiles  
Choice of Veggie  
Applesauce  
Choice of Fruit

**Tuesday, May 7**

**New Breakfast Item**  
Baked Whole Grain  
Mini Waffles  
100% Juice & Fruit

**Lunch**  
Hot Dog / WG Bun OR  
WG Cheeseburger/ Bun  
Oven Baked Beans  
Choice of Veggie  
Mandarin Oranges  
Choice of Fruit

**Wednesday, May 8**

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

**Lunch**  
WG Popcorn Chicken  
WG Waffle OR  
WG Cheeseburger/ Bun  
Golden Hash Brown  
Choice of Veggie  
Chilled Peaches  
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

**Thursday, May 9**

**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, May 10**

**Breakfast**  
WG Egg & Cheese  
Bagel Sandwich  
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, May 13

**New Breakfast Item**

Baked Whole Grain  
Mini French Toast  
100% Juice & Fruit

**Lunch**

WG Chicken Corndog  
Baked Potato Wedges  
Choice of Veggie  
Chilled Peaches  
Choice of Fruit

Tuesday, May 14

**Breakfast**

Baked WG BeneFIT  
Breakfast Bar  
100% Juice & Fruit

**Lunch**

WG Bacon  
Cheeseburger OR  
WG Chicken Corn Dog  
Mgr. Choice Hot Potato  
Choice of Veggie  
Mandarin Oranges  
Choice of Fruit

Wednesday, May 15

**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

Thursday, May 16

**Breakfast**

Whole Grain Breakfast  
Sausage Pizza  
100% Juice & Fruit

**New Lunch Item**

WG Chicken Club  
Sandwich w/ Turkey  
Bacon & Cheese OR  
WG Chicken Corndog  
Oven Baked Fries  
Choice of Veggie  
Craisins "Snack Pack"  
Choice of Fruit

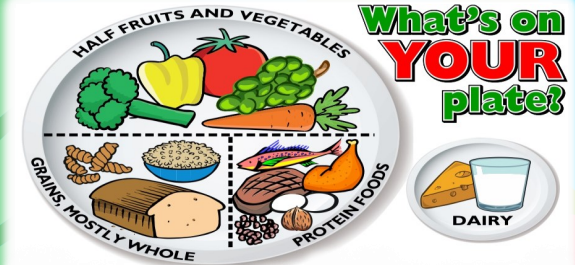
Friday, May 17

**Breakfast**

Asst. Whole Grain  
Breakfast Pastries  
100% Juice & Fruit

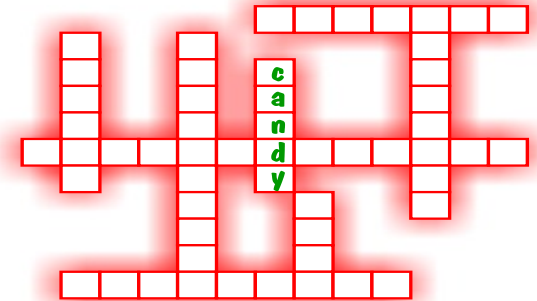
**Lunch**

Tony's Fiestada  
Southwest Style Pizza  
OR Whole Grain  
Chicken Corndog  
Zesty Salsa  
Niblets of Corn  
Applesauce  
Choice of Fruit



# Sugar adds up!

On average, we should eat fewer than 12 teaspoons (about 50g) of added sugar a day. Six teaspoons or fewer is even better. The puzzle below can help you see if you're eating too much sugar for your own good -- but remember to check the nutrition labels, because added sugar (in many different disguises!) is contained in a lot of processed foods that we don't even think of as sweet!



**Fit the names of the added sugar sources into the crossword puzzle.**

- Soda** 10 teaspoons added sugar
- Milk Shake** 25 teaspoons
- Candy** (1 package) 5-10 teaspoons
- Fruit Drink** 4-8 teaspoons
- Ice Cream** 10 teaspoons
- Cookies** 2-8 teaspoons
- Frosted Cereal** 3 teaspoons
- Pastry** 3-12 teaspoons

These figures are averages and are for added sugar only -- some sugar occurs naturally in unprocessed foods like whole fruits and vegetables.

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, May 20

**New Breakfast Item**

Baked Whole Grain  
Mini Waffles  
100% Juice & Fruit

**Lunch**

Chicken Patty Sandwich  
on Whole Grain Bun  
Baked Potato Smiles  
Choice of Veggie  
Chilled Peaches  
Choice of Fruit

Tuesday, May 21

**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, May 22

**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, May 23

**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, May 24

**Breakfast**

WG Ham & Cheese  
Bagel Sandwich  
100% Juice & Fruit

**Lunch**

WG Personal Pan Pizza  
OR WG Chicken  
Patty Sandwich  
Savory Green Beans  
Choice of Veggie  
Whole Fruit Juice Cup  
Choice of Fruit

Monday, May 27



Tuesday, May 28

**Breakfast**

Baked Whole Grain  
Mini French Toast  
100% Juice & Fruit

**Lunch**

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

Wednesday, May 28

**Breakfast**

WG Mini Pancakes  
Choice of Fruit  
100% Fruit Juice

**Lunch**

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

Thursday, May 30

**Breakfast**

Manager's Special  
Choice of Fruit  
100% Fruit Juice

**Lunch**

Manager's Special  
Choice of 2 Fruits  
Choice of 2 Veggies



We have the **perfect job** for you:  
See the kids off to school & return home before they do. Also have summers, weekends, & nights off. Call Food Service at **412-373-5777**.

Friday, May 31

**Breakfast**

Manager's Special  
Choice of Fruit  
100% Fruit Juice

**Lunch**

Manager's Special  
Choice of 2 Fruits  
Choice of 2 Veggies

Monday, June 3

**Breakfast**

Manager's Special  
Choice of Fruit  
100% Fruit Juice

**Lunch**

Manager's Special  
Choice of 2 Fruits  
Choice of 2 Veggies