

MENUS FOR OCTOBER 2023

UNIVERSITY PARK (K-4) BREAKFAST & LUNCH MENU



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).

Many Moons

Native Americans had special names for every full moon of the year. One name for the October full moon is the "Yellow Leaf Moon," as the changing colors of the leaves signal a new season!

Monday, October 2

Breakfast
Baked Whole Grain
Apple Frudel
100% Juice & Fruit

Lunch
WG Cheeseburger/ Bun
Baked Potato Smiles
Choice of Veggie
Pineapple Tidbits
Choice of Fruit

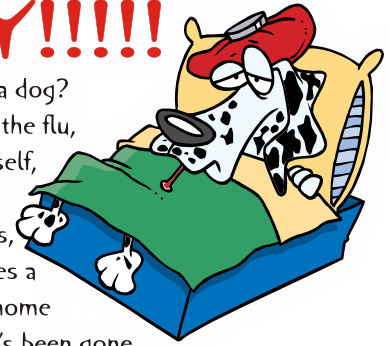
Tuesday, October 3

Breakfast
Baked WG BeneFIT
Breakfast Bar
100% Juice & Fruit

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

STAY!!!!!!

Feeling sick as a dog?
If you think it's the flu,
please do yourself,
your teachers,
your classmates,
and their families a
favor and stay home
until your fever's been gone
for at least 24 hours. That's a good boy.



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

Wednesday, October 4

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

Lunch
Hot Dog / WG Bun OR
WG Cheeseburger/ Bun
Oven Baked Beans
Choice of Veggie
Chilled Pears
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.

Thursday, October 5

Breakfast
Whole Grain Breakfast
Cinnamon Roll
100% Juice & Fruit

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

OCTOBER IS

Breast Cancer

AWARENESS MONTH



Friday, October 6

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

Lunch
WG Schwann's French
Cheese Bread Pizza OR
WG Cheeseburger/ Bun
California Veggie Blend
Choice of Veggie
Applesauce
Choice of Fruit

AVAILABLE DAILY

Alternate Lunch Entrée Items:

As listed or choice of Deli Hoagie, or "YO 2 GO!" & PB & J Sandwich Combo Meals

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: Asst. WG Pastries, WG

Cereal &/ or WG Cereal Bars w/ WG

Grahams, & Assorted Fruit

Monday, October 9



No School Today

In-Service Day

Tuesday, October 10

Breakfast
Baked WG BeneFIT
Breakfast Bar
100% Juice & Fruit

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

Wednesday, October 11

Breakfast
Baked Whole Grain
Apple Frudel
100% Juice & Fruit

Lunch
WG Fish Sticks w/
WG Dinner Roll OR
WG Chicken Corndog
Baked Potato Wedges
Choice of Veggie
Chilled Peaches
Choice of Fruit

Thursday, October 12

Breakfast
Whole Grain Breakfast
Sausage Pizza
100% Juice & Fruit

New Lunch Item
WG Breaded Chicken
Drumstick or Thigh
w/ WG Roll OR
WG Chicken Corndog
Whipped Potato/ Gravy
Niblets of Corn
Craisins "Snack Pack"
Choice of Fruit

Friday, October 13

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

Lunch
+WG "Meat Lovers
Stromboli +w/
Dipping Sauce OR
WG Chicken Corndog
Winter Veggie Blend
Whole Fruit Juice Cup
Choice of Fruit

OCTOBER

The name "October" comes from the Latin word for "eight" -- but it's the tenth month! What gives? In the Roman calendar, it WAS the eighth month, but then January and February were added when the calendar was revised, and October kept its name.



Monday, October 16

Breakfast
WG Mini Pancakes
Choice of Fruit
100% Fruit Juice

New Lunch Item
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

Tuesday, October 17

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



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

GATEWAY SCHOOL DISTRICT FOOD & NUTRITION

Wednesday, October 18

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

Lunch
WG "Gateway Hoagie" Melt
OR Chicken Patty Sandwich on WG Bun
Peas & Carrots
Pineapple Tidbits
Choice of Veggie
Choice of Fruit

Thursday, October 19

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

Lunch
WG Cheeseburger OR Chicken Patty Sandwich on Whole Grain Bun
Golden Curly Fries
Choice of Veggie
Applesauce
Choice of Fruit

Friday, October 20

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

New Lunch Item
Tony's Fiestada
Southwest Style Pizza
OR WG Chicken Patty Sandwich
Zesty Salsa
Niblets of Corn
Whole Fruit Juice Cup
Choice of Fruit



The current record for the world's heaviest pumpkin is **2702 pounds!**

Monday, October 23

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

Lunch
WG Chicken Tenders w/ WG Dinner Roll
OR Hot Dog / WG Bun
Oven Baked Beans
Golden Potato Emojis
Chilled Pears
Choice of Fruit

Tuesday, October 24

Breakfast
Baked WG BenefIT
Breakfast Bar
100% Juice & Fruit

Lunch
WG Italian Dunkers w/ Dipping Sauce OR OR Hot Dog / WG Bun
Capri Veggie Blend
Choice of Veggie
Chilled Pears
Choice of Fruit

Wednesday, October 25

Breakfast
WG Mini Pancakes
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

Thursday, October 26

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

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

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Friday, October 27

Breakfast
WG Egg & Cheese
Bagel Sandwich
Choice of Fruit
100% Fruit Juice
100% Juice & Fruit

Lunch
WG Personal Pan Pizza
OR Hot Dog / WG Bun
Savory Green Beans
Choice of Veggie
Applesauce
Choice of Fruit

Monday, October 30

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

Lunch
WG Chicken Nuggets
WG Dinner Roll
Baked Curly Fries
Choice of Veggie
Mandarin Oranges
Choice of Fruit



Tuesday, October 31

Breakfast
Baked Whole Grain
Apple Frudel
100% Juice & Fruit

Lunch
WG Toasted Cheese Sandwich
Creamy Tomato Soup
OR Crispy Chicken Nuggets w/ WG Roll
Savory Green Beans
Choice of Veggie
Fresh Petite Banana
Choice of Fruit