

MENUS FOR DECEMBER 2023



GATEWAY ELEMENTARY (K-4) BREAKFAST & LUNCH MENU

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

Friday, December 1

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, December 4

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

HAPPIER HOLIDAYS.

Want to avoid over-eating during the holidays? Make sure you eat breakfast every morning. Missing that first meal of the day can cause you to feel intense cravings and extreme hunger, making it difficult to avoid high fat, high sugar temptations.



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

'Tis the Season!



★ OUR NATION'S HISTORY ★

Cranberries are considered a very American food. Native Americans made cranberry sauce by sweetening the tart berries with maple syrup. When it was discovered that cranberries grew very well in "bogs" of shallow water, cultivation of the fruit spread from New England to Wisconsin to the Pacific Northwest -- and even to Europe! When an American ship loaded with cranberries sank along the Dutch coast, crates of the berries washed ashore and broke up. Some of the berries took root, and cranberries have been cultivated on certain Dutch islands ever since!



★ WITH LIBERTY & JUSTICE FOR ALL ★

Tuesday, December 5

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

Wednesday, December 6

Breakfast

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

New Lunch Item

"Mrs T's" Cheesy Mini
Pierogie Bake OR
Chicken Nuggets
WG Soft Pretzel
Cheesy Broccoli
Whole Fruit Juice Cup
Choice of Fruit

**Weekends
Nights**

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**.

Thursday, December 7

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

**YOU'RE
GOOD**

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

GATEWAY SCHOOL DISTRICT FOOD & NUTRITION

Friday, December 8

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

Available Daily

Alternate Lunch Entrée Items:

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

Alt. Lunch Fruit & Veggie Items:

Assorted Fresh or Canned Fruit
Assorted Fresh Vegetable Medleys

Choice of Low Fat/ Fat Free Milk

Asst. 100% Pasteurized Fruit Juice

Breakfast: Assorted WG Pastries,, WG Cereal &/ or WG Cereal Bars w/ WG Grahams, & Assorted Fruit

Reindeer

In some parts of the world, reindeer are harnessed to pull sleds, so you might guess that their name comes from the "reins" they wear. And you'd be wrong! The name actually comes from a very ancient Norse word that simply means "horned animal." The North

American name for the reindeer, "caribou," comes from a Native American word, "qalipu." Roughly translated, that word means "snow shoveler," which is a description of the way the reindeer paws the ground free of snow to find food!



Word Play

Wednesday, December 13

Breakfast

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

Lunch

WG Baked Penne
Cheese Pasta Bowl w/
Garlic Bread Stick OR
WG Cheeseburger/ Bun
Savory Green Beans
Choice of Veggie
Chilled Pears
Choice of Fruit

Thursday, December 14

Breakfast

Whole Grain Breakfast
Sausage Pizza
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

Friday, December 15

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
Chilled Fruit Cocktail
Choice of Fruit

Monday, December 18

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, December 20

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

Here's wishing you a bright and happy holiday season!



Sincerely Yours,
The Gateway School
District Food & Nutrition
TEAM

Thursday, December 21

Breakfast

Asst. Whole Grain
Breakfast Pastries
100% Juice & Fruit

Lunch

+WG "Meat Lovers
Stromboli +w/
Dipping Sauce OR
WG Chicken Corndog
Savory Green Beans
Whole Fruit Juice Cup
Choice of Fruit

Note "+" symbol
denotes contains pork

Monday, December 11

Breakfast

Baked Whole Grain
Apple Frudel
100% Juice & Fruit

Lunch

WG Cheeseburger/ Bun
Baked Potato Smiles
Choice of Veggie
Chilled Peaches
Choice of Fruit



What's on
YOUR
plate?



Get crackin'!



There might not be another snack that's as good for you -- and as fun -- as whole walnuts that you crack yourself! The nuts are filling and tasty, and the process of breaking them open involves more effort than mindlessly stuffing yourself with chips. Plus walnuts are loaded with stuff that's good for you -- for instance, walnuts are one of the few non-fish sources of super-healthy omega-3 fatty acids.

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Tuesday, December 12

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

Tuesday, December 19

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

See You Next Year!

Happy New Year

Last day of school:
Thursday, December 21st

Classes Resume
Wednesday, Jan. 3rd.

