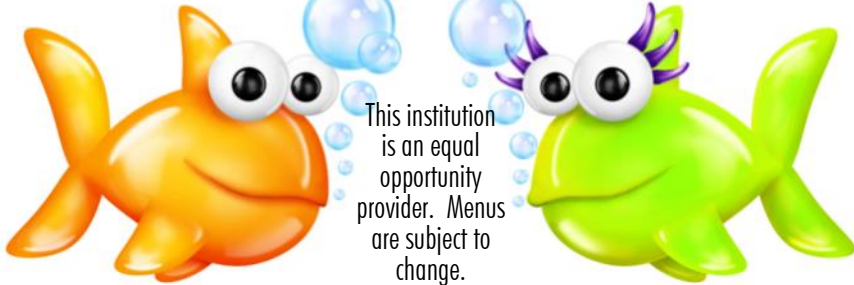


Menus for February 2024

GATEWAY ELEM (K-4) BREAKFAST & LUNCH MENU



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

Thursday, February 1

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



JUDGE JANE

Jane Bolin was the first black woman to graduate from Yale Law School and the first black female judge ever in the United States. After her appointment in 1931, she remained the sole black female judge in the country for 20 years. After serving as a judge for nearly half a century, she retired and volunteered as a reading instructor in New York City public schools before her death at 98 years old in 2007.

AFRICAN AMERICAN HISTORY MONTH

Weekends Nights

We have the **perfect job** for you:

See the kids off to school & return home before they do. Also have summers, week-ends, & nights off. Call Food Service at 412-373-5777.

Friday, February 2

Breakfast

Asst. Whole Grain Breakfast Pastries
100% Juice & Fruit

Lunch

+WG "Meat Lovers Stromboli +w/ Dipping Sauce OR WG Chicken Corndog
Savory Green Beans
Chilled Pears
Choice of Fruit

Note "+" symbol denotes contains pork

Monday, February 5

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

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

GATEWAY SCHOOL DISTRICT FOOD & NUTRITION

Tuesday, February 6

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, February 7

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

2024

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The Chinese New Year begins with the new moon on February 10, 2024 is the Year of the Dragon.



YEAR OF THE DRAGON

Thursday, February 8

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

Friday, February 9

Breakfast

Asst. Whole Grain Breakfast Pastries
100% Juice & Fruit

Lunch

Tony's Fiestada Southwest Style Pizza OR WG Chicken Patty Sandwich
Zesty Salsa
Niblets of Corn
Whole Fruit Juice Cup
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: Assr WG Pastries, Cereal / Bars w/ WG Grahams & Asst Fruit

Monday, February 12

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, February 13

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

Wed., February 14

Breakfast

WG Mini Pancakes
Choice of Fruit
100% Fruit Juice

New Lunch Item

Ravioli w/ Marinara
Garlic Bread Stick
OR Hot Dog / WG Bun
Capri Veggie Blend
Choice of Veggie
Chilled Pears
Choice of Fruit



Swans are one of the few animals that will mate for life!

Happy Valentine's Day!

Thursday, February 15

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, February 16

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
Savory Green Beans
Choice of Veggie
Applesauce
Choice of Fruit

Monday, February 19

Presidents' Day



No School Today

TRUST YOUR HEART.



Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

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

Tuesday, February 20

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

Wed., February 21

Breakfast

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

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

Thursday, February 22

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

Friday, February 23

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

Monday, February 26

Breakfast

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

Lunch

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

Tuesday, February 27

Breakfast

Baked WG BeneFIT
Breakfast Bar
100% Juice & Fruit

New Lunch Item

WG Chicken Club
Sandwich w/ Turkey
Bacon & Cheese
WG Cheeseburger/ Bun
Baked Curly Fries
Choice of Veggie
Mandarin Oranges
Choice of Fruit

Wed., February 28

Breakfast

WG Mini Pancakes
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, February 29

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

Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.



1 Wash your hands frequently.



2 Cover up when you sneeze or cough.



3 If you do get sick, stay home.