

Happy New Year!



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

This institution is an equal opportunity provider and employer.



YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

GATEWAY SCHOOL DISTRICT FOOD & NUTRITION



Wednesday, January 3

Breakfast

Asst. Whole Grain Breakfast Pastries
100% Juice & Fruit

Lunch

Chicken Patty Sandwich on Whole Grain Bun
Golden Curly Fries
Choice of Veggie Applesauce
Choice of Fruit

Thursday, January 4

Breakfast

Whole Grain Breakfast Sausage Pizza
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

Friday, January 5

Breakfast

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

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

Monday, January 8

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, January 9

Breakfast

Baked WG BeneFIT Breakfast Bar
100% Juice & Fruit

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

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

Wednesday, January 10

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, January 11

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

Friday, January 12

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

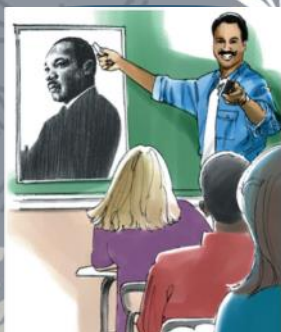
GREAT STARTS.

A fast start is so important. And what better way

to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!



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



School will be closed
Monday, January 15
in recognition of
Martin Luther King, Jr.'s
birthday.

Tuesday, January 16

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



**Which of these prehistoric
 life forms is NOT extinct?**



STEGOMASTODON -- a six-ton elephant-like behemoth.
 MEGATHERIUM -- a four-ton giant ground sloth. And the
 AVOCADO?! The first two are extinct -- and the third probably
 should be. The avocado plant developed its large seed (it was
 even larger back then) because very big animals would eat the
 fruit whole in one gulp, seed and all, and help the plant spread
 to new areas. When most of the big mammals died off 10,000
 or more years ago, the avocado should have disappeared with
 them -- birds and tiny mammals can't begin to swallow and
 disperse a seed that big! But somehow the wild avocado
 survived thousands of years until humans learned to cultivate
 the delicious fruit. And the avocado's future survival was
 guaranteed when man discovered the Super Bowl and started
 cranking out lots of guacamole every winter!!

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

Wednesday, January 17

Breakfast

WG Mini Pancakes
 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, January 18

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

Friday, January 19



**No
 School
 Today**

**In-Service
 Day**

Monday, January 22

Breakfast

Baked Whole Grain
 Apple Frudel
 100% Juice & Fruit

Lunch

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

Tuesday, January 23

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

Monday, January 29

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

Tuesday, January 30

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

Wednesday, January 24

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, January 25

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, January 26

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

**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.

Wednesday, January 31

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

**Word
 of the
 Month
 service**

noun 1. help, use,
 benefit <happy to be of
service> 2. contribu-
 tion to the welfare of
 others 3. a helpful act
 <did her a *service*>