



Menus for May-June 2023

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

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

Monday, May 1

Breakfast
Baked WG BeneFIT
Breakfast Bar
100% Juice & Fruit

Lunch
WG Popcorn Chicken
w/ WG Dinner Roll
OR Hot Dog / WG Bun
Oven Baked Beans
Choice of Veggie
Mandarin Oranges
Choice of Fruit

Tuesday, May 2

Breakfast
Baked Whole Grain
Apple Frudel
100% Juice & Fruit

Lunch
WG Cheeseburger OR
WG Hotdog/ Bun
OR Whole Grain Bun
Baked French Fries
Choice of Veggie
Pineapple Tidbits
Choice of Fruit

GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



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

Wednesday, May 3

Breakfast
WG Mini Pancakes
Choice of Fruit
100% Fruit Juice

New Lunch Item
"Beefaroni" Pasta Bowl
& Garlic Bread Stick OR
Hot Dog / WG Bun
Savory Green Beans
Choice of Veggie
Fresh Petite Banana
Choice of Fruit

Thursday, May 4

Breakfast
Whole Grain Breakfast
Sausage Pizza
100% Juice & Fruit

Lunch
WG "Gateway
Hoagie" Melt
OR Hot Dog / WG Bun
Baked Potato Smiles
Choice of Veggie
Craisins "Snack Pack"
Choice of Fruit

Friday, May 5

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

New Lunch Item
Tony's Fiestada
Southwest Style Pizza
OR Hot Dog / WG Bun
Zesty Salsa
Niblets of Corn
Whole Fruit Juice Cup
Choice of Fruit

Feliz Cinco de Mayo!

ESTÁS BIEN

Cinco de Mayo

**ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG
NEXT YEAR, TOO!**

Monday, May 8

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

Lunch
WG Chicken Nuggets w/
WG Dinner Roll OR
Cheeseburger/ WG Bun
Oven Baked Beans
Choice of Veggie
Chilled Peaches
Choice of Fruit

Tuesday, May 9

Breakfast
WG Mini Pancakes
Choice of Fruit
100% Fruit Juice

Lunch
WG Pollock Sticks w/
WG Dinner Roll OR
Cheeseburger/ WG Bun
Zesty Potato Wedges
Choice of Veggie
Mandarin Oranges
Choice of Fruit

Wednesday, May 10

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

Lunch
WG Rotini w/
Meat Sauce &
Garlic Bread Stick
OR Cheeseburger/
Whole Grain Bun
California Veggie Blend
Choice of Veggie
Applesauce



Thursday, May 11

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
Mandarin Oranges
Choice of Fruit

Friday, May 12

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

Lunch
WG French
Bread Pizza OR
Cheeseburger/ Bun
Savory Green Beans
Choice of Veggie
Chilled Pears
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

Monday, May 15

Breakfast

Baked WG BeneFIT
Breakfast Bar
100% Juice & Fruit

Lunch

Chicken Patty Sandwich
on Whole Grain Bun
Oven Baked Beans
Choice of Fruit/ Veggie
Chilled Peaches
Choice of Fruit



Only one U.S. state (pictured here) has a name that's a single syllable. Can you name it?

Hold the page upside down and read it in a mirror for the answer!

WJMG

Tuesday, May 16



No School Today

In-Service Day



What's on YOUR plate?



Q: How much sugar do you eat?

A:

If you eat like most Americans, you consume over 20 teaspoons of added sugar every single day, or 115 pounds a year. That's just what we get from processed food and drinks, without ever actually dipping a spoon in the sugar bowl. Current guidelines recommend no more than 6-9 teaspoons of added sugar a day. Want the same sweetness without the side effects? Get your sugar the natural way – from fresh fruit.



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

Wednesday, May 17

Breakfast

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

Lunch

Cheese Ravioli w/
Marinara Sauce
Garlic Bread Stick
Chicken Patty
Sandwich on Whole
Grain Bun
Winter Veggie Blend
Whole Fruit Juice Cup
Choice of Fruit

Thursday, May 18

Breakfast

Whole Grain Breakfast
Sausage Pizza
100% Juice & Fruit

New Lunch Item

WG Chicken Corndog
or Chicken Patty Sand.
on Whole Grain Bun
Golden French Fries
Choice of Veggie
Whole Fruit Juice Cup
Choice of Fruit

Friday, May 19

Breakfast

Asst. Whole Grain
Breakfast Pastries
100% Juice & Fruit

Lunch

+WG "Meat Lovers
Stromboli +w/
Dipping Sauce OR
Chicken Patty
Sandwich on Whole
Grain Bun
Savory Green Beans
Choice of Veggie
Chilled Pears
Choice of Fruit

Monday, May 22

Breakfast

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

Lunch

Crispy Chicken Tenders
w/ Dipping Sauces &
Whole Grain Roll OR
WG "Mini Corn Dogs
Baked Potato Smiles
Choice of Veggie
Applesauce
Choice of Fruit

Tuesday, May 23

Breakfast

Baked Whole Grain
Apple Frudel
100% Juice & Fruit

Lunch

WG Bacon
Cheeseburger
OR WG Mini Corn Dogs
Mgr. Choice Hot Potato
Choice of Veggie
Mandarin Oranges
Choice of Fruit

Thursday, May 25

Breakfast

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

Lunch

Doritos Locos Beef
Walking Taco w/Cheese
& Zesty Salsa OR
WG "Mini Corn Dogs
Niblets of Corn
Chilled Peaches
Choice of Fruit

Friday, May 26

Breakfast

+ WG Ham & Cheese
Bagel Sandwich +
Choice of Fruit
100% Fruit Juice
100% Juice & Fruit

Lunch

WG Personal Pan Pizza
OR WG Mini Corn Dogs
Savory Green Beans
Choice of Veggie
Applesauce
Choice of Fruit

Monday, May 29



Tuesday, May 30

Breakfast

Manager's Special
Choice of Fruit
100% Fruit Juice

Lunch

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

Wednesday, May 31

Breakfast

Manager's Special
Choice of Fruit
100% Fruit Juice

Lunch

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

Thursday, June 1

Breakfast

Manager's Special
Choice of Fruit
100% Fruit Juice

Lunch

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

HAVE A GREAT SUMMER!!! SEE YOU NEXT YEAR!!! :-)

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.