

# Menus for November 2023



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

*This institution is an  
equal opportunity  
provider and employer.*

**Wednesday, November 1**

**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

**Thursday, November 2**

**Breakfast**

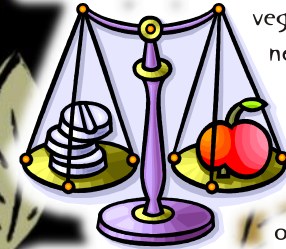
Whole Grain Breakfast  
Sausage Pizza  
Choice of Fruit  
100% Fruit Juice

**Lunch**

Seasoned Beef Nachos  
w/ Cheese & Salsa OR  
Chicken Nuggets w/  
Whole Grain Roll  
Niblets of Corn  
Applesauce  
Choice of Fruit

# BALANCING ACT.

Should kids take a vitamin pill every day? Fussy eaters and kids who don't eat a lot of fruits, veggies, and grains might need a daily vitamin.



But kids who eat a reasonably healthy and balanced diet probably don't need one. Ask your doctor.

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

**Friday, November 3**

**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

# YOU'RE GOOD



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

**GATEWAY SCHOOL DISTRICT FOOD & NUTRITION**

**Monday, November 6**



**No School Today**  
**In-Service Day**

**Tuesday, November 7**



**No SCHOOL TODAY**  
*Make sure your family votes!*



## 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

**Note: "+" symbol = contains pork**



**Wednesday, November 8**

**Breakfast**

Baked Whole Grain  
Apple Frudel  
100% Juice & Fruit

**Lunch**

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

**Thursday, November 9**

**Breakfast**

Whole Grain Breakfast  
Sausage Pizza  
100% Juice & Fruit

**Lunch**

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

**Friday, November 10**

**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

# Thank You



★ **VETERANS' DAY NOVEMBER 11** ★

Monday, November 13

**Breakfast**

Baked WG BeneFIT  
Breakfast Bar  
100% Juice & Fruit

**Lunch**

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

Monday, November 20

**Breakfast**

Baked WG BeneFIT  
Breakfast Bar  
100% Juice & Fruit

**New Lunch Item**

WG Breaded Boneless  
Chicken Wings  
Baked Potato Smiles  
Choice of Veggie  
Chilled Peaches  
Choice of Fruit

**Word  
of the  
Month**

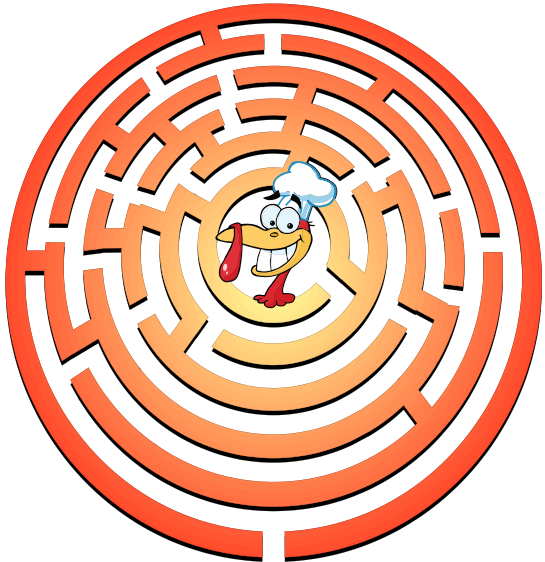
ex·cep·tion·al

adj. 1. surpassing what  
is common or expected  
2. unusual; outside the  
norm 3. well above  
average; extraordinary



# Center of Attention!

Turkey is the star attraction on many Thanksgiving tables -- and this tasty bird is a nutrition star, too! Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Tuesday, November 14

**Breakfast**

Whole Grain Breakfast  
Sausage Pizza  
100% Juice & Fruit

**Lunch**

WG Bacon  
Cheeseburger OR  
WG Chicken Corndog  
Baked Potato Emojis  
Choice of Veggie  
Chilled Peaches  
Choice of Fruit

Tuesday, November 21

**Breakfast**

Whole Grain Breakfast  
Sausage Pizza  
100% Juice & Fruit

**Lunch**

WG Gateway Hoagie  
Melt OR Chicken Patty  
Sandwich on WG Bun  
Golden Potato Wedges  
Chilled Fruit Cocktail  
Choice of Veggie  
Choice of Fruit

Tuesday, November 28

**Breakfast**

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

**Lunch**

WG Chicken Tenders  
w/ WG Dinner Roll  
Oven Baked Beans  
Golden Potato Emojis  
Craisins "Snack Pack"  
Choice of Fruit

Wednesday, November 15

**Breakfast**

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

**Lunch**

+WG "Meat Lovers  
Stromboli +w/  
Dipping Sauce OR  
WG Chicken Corndog  
Winter Veggie Blend  
Applesauce  
Choice of Fruit

Wednesday, November 22

**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

Thursday, November 16

**Breakfast**

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

**New Lunch Item**

WG Open-faced  
Turkey Sandwich  
Whipped Potato/ Gravy  
Niblets of Corn  
Craisins "Snack Pack"  
Choice of Fruit

Friday, November 17

**Breakfast**

Asst. Whole Grain  
Breakfast Pastries  
100% Juice & Fruit

**Lunch**

WG Personal Pan Pizza  
OR Whole Grain  
Chicken Corndog  
Savory Green Beans  
Whole Fruit Juice Cup  
Choice of Fruit



Wednesday, November 29

**Breakfast**

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

**Lunch**

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

Thursday, November 30

**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



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.