

Gateway Longview
Grades K-12
Lunch Menu

November 2020



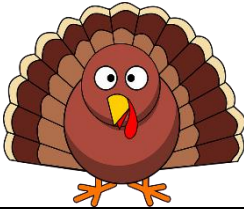






Menu is subject to change. "This institution is an equal opportunity provider and employer"



Lunch Fact

MyPlate recommends:
Choose vegetables rich
in color! **Brighten** your plate with
vegetables that are **red, orange, or dark green**.
They not only taste great but also are good for
you, too. Reference: USDA. MyPlate.gov.
Internet: <http://www.myplate.gov/>.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Cheese with Tomato Soup Green Beans	3 Meat and Cheese Burrito Carrot Coins Salsa	4 Hot Dog on a WG Bun Buttered Corn Pasta Salad	5 Chicken and Biscuits With Gravy Cauliflower Florets	6 Meatball Pizza Tater Tots Bean Salad
9 Hamburger on a Bun Potato Wedges Broccoli	10 BBQ Pulled Pork on a Bun Fresh Salad Corn Chips		12 Chicken Dippers French Fries Mixed Vegetables	13 Veggie Pizza Celery Sticks Tater Tots
16 Turkey Dog on a Bun Vegetarian Beans Peas and Carrots	17 Meat and Cheese Burritos Seasoned Rice Green Beans	18 Spaghetti & Meat sauce Garlic Roll Cauliflower	19 Popcorn Chicken with Honey Mustard Dipping Sauce Mixed Vegetables	20 Pepperoni Pizza Tater Tots Cucumber Coins with Ranch Dip
23 Sloppy Joe on a Bun Pasta Salad Baby Carrots	24 Cheeseburger Romaine Salad Tater Tots	25 Roast Turkey and Gravy Mashed Potatoes Green Beans Fresh Dinner Rolls Chocolate Chip Cookies!		
30 Chicken and Cheese Fajita Peppers and Onions Rice				

Offered daily with all lunches:

Fresh or prepared fruits
(Must take 1/2 cup of Fruit or Veggies)

**Non or Low Fat White or
Non Fat Chocolate Milk**

In addition to the entrée of the day we also serve:

Julienne Salads with a Roll

Peanut Butter & Jelly Sandwich

Fridays Only: Fresh baked pizza

**Cheese/Cheese & Pepperoni
Specialty**

Start with a:

- Vegetable
- Fruit (or take both)
- Choose whole grains
- Pick a lean protein
- Add a serving of milk

Take at least 3!