

Gateway Longview
Grades K-12
Lunch Menu











July 2021



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
				
12 Grilled Cheese with Tomato Soup Green Beans	13 Meat and Cheese Burritos Carrot Coins Salsa	14 Chicken Salad on a Bun Broccoli Fruit Cocktail	15 Sausage Patty Seasoned Rice Lettuce and Tomato	16 Pepperoni or Cheese Pizza Tater Tots Bean Salad
19 Hamburger on a Bun Potato Wedges Broccoli	20 BBQ Chicken on a Bun Fresh Salad Chips	21 Meatball Bombers With Mozzarella Green Beans	22 Chicken Dippers French Fries Buffalo Cauliflower	23 Pepperoni or Veggie Pizza Celery Sticks Tater Tots
26 Cheeseburger Vegetarian Beans Peas and Carrots	27 Turkey Tacos Seasoned Rice Green Beans	28 Spaghetti & Meat sauce Cauliflower Garlic Roll	29 Popcorn Chicken with Honey Mustard Dipping Sauce Mixed Vegetables	30 Pepperoni Pizza Tater Tots Peas
				

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

Tuesday Only - Ham or Turkey

**Sub Sandwich offered instead of
Salad.**

**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!