

Gateway Longview  
Grades K-12  
Lunch Menu

# March 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/>.

### 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**  
**Assorted Wraps Each Tuesday!**  
**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!**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Cheese with Tomato Soup ..... Green Beans	3 Nacho Grande ..... Seasoned Rice Seasoned Tomatoes	4 Roast Pork ..... WG Roll Parslied Chef Potatoes Sweet Peas	5 Meat and Cheese Burrito ..... Salsa Mixed Veggies	6 Meatball Pizza ..... Tater Tots Bean Salad
9 Hamburger on a Bun Fries ..... Broccoli	10 Spaghetti and Meat Sauce ..... Garlic Bread Romaine Salad	11 Meatball Bombers With Mozzarella ..... Green Beans	12 Chicken Fajitas Rice ..... Peppers and Onions Salsa	13 Veggie Pizza ..... Celery Sticks Cucumber Slices
16 Chicken Patty on a WG Bun ..... Peas Homemade Oven Fries	17 Turkey Tacos ..... Seasoned Rice Green Beans	18 Beef Stroganoff Over Noodles WG Dinner Roll ..... Cauliflower	19 Popcorn Chicken with Dipping Sauce ..... Mixed Vegetables Fresh Cucumber Slices	
23 BBQ Beef on a Bun ..... Broccoli Bean Salad	24 Goulash ..... Romaine Salad with Cucumbers and Tomatoes Garlic Bread	25 Chicken Patty Hand Cut Oven Fries ..... Cauliflower	26 Taco Salad Corn Chips ..... Fresh Seasoned Tomatoes Romaine	27 Sausage and Pepperoni Pizza ..... Fresh Cucumber Tomato Salad Baby Carrots
30 Chicken and Cheese Tacos ..... Salsa Mixed Vegetables	31 Hot Dog on a Bun ..... Baked Beans Corn	