



LUNCH

OCTOBER 2023

Gateway-Longview



Menu is subject to change.

Monday

Tuesday

Wednesday

Thursday

Friday

2

Hamburger on a Bun
Baked Beans 1/2C
Tator Tots 1/2C
Fruit 1/2c
Milk-8oz

3

Chicken Patty Club
Corn 1/2 C
NYS Tomatoes 1/2C
NYS Farm Fresh Apples-1
Milk-8oz

4

BBQ Meatballs
Over Rice
NYS Roasted Broccoli 1/2C
1c Romaine Salad=1/2C
Fruit 1/2c
Milk-8oz

5

Chicken Dippers
Sliced Carrots 3/4c
Peas 1/2C
Fresh Fruit 1/2c
Milk-8oz

6

Veggie Pizza
NYS Sliced Cucumbers 1/2 c
Green Beans 1/2C
Fruit 1/2c
Milk-8oz

9

Indigenous Peoples Day

10

Meat and Cheese Burritos
Steamed Corn 1/2C
NYS Fresh bell Peppers 1/2 C
Fruit 1/2c
Milk-8oz

11

Grilled Mozzarella Dunker
With Marinara
Steamed Broccoli 1/2C
Green Beans 1/2C
NYS Pear -1Piece
Milk-8oz

12

Popcorn Chicken
Baked Beans 1/2c
Sweet Potatoes 1/2C
NYS Farm Fresh Apples-1
Milk-8oz

13

Pepperoni Pizza
Fresh Baby Carrots 3/4C
1c Romaine Salad=1/2C
Fruit 1/2c
Milk-8oz

16

Philly Cheesesteak
Maple Glazed Carrots 3/4C
Peas 1/2C
Fruit 1/2c
Milk-8oz

17

Meatball Mac and Cheese
Corn 1/2c
Black Bean salad 1/2c
Fresh Fruit 1/2c
Milk-8oz

18

Chicken Nugget Caesar Salad
Green Beans 1/2C
Fresh Baby Carrots 1/2C
NYS Farm Fresh Apples-1
Milk-8oz

19

Cheeseburger
NYS Fresh bell Peppers 1/2 C
Steamed Broccoli 1/2C
Fruit 1/2c
Milk-8oz

20

Buffalo Chicken Pizza
1c Romaine Salad=1/2C
NYS Sliced Cucumbers 1/2 c
Fruit 1/2c
Milk-8oz

23

Chicken Patty Sand
Steamed Broccoli 1/2C
Mixed Vegetables 1/2C
Fruit 1/2C
Milk-8oz

24

Hot Dog on a Bun
Corn 1/2C
NYS Fresh bell Peppers 1/2 C
NYS Farm Fresh Apples-1
Milk-8oz

25

BBQ Chicken Dippers
Baked Beans 1/2 C
1c Romaine Salad=1/2C
Fruit 1/2c
Milk-8oz

26

Nacho Grande
NYS Roasted Cauliflower 1/2C
Steamed Carrots 1/2C
Fruit 1/2c
Milk-8oz

27

Staff Development Day

30

Turkey Dogs
Carrots 3/4c
Broccoli 1/2C
Fruit 1/2c
Milk-8oz

31

Happy Halloween
SPOOKTACULAR
MAC & CHEESE
HAUNTED FOREST
BROCCOLI
POISON APPLE
WITCHES BREW MILK
WORMS IN DIRT



Apples
Pears
Broccoli
Cauliflower
Cucumber & Peppers



NYS LOCAL FOODS

*Upstate Farms Dairy
-milk, yogurt, sour cream
*LynOaken Farms Apples
*Local Farm Vegetables
and Fruit
used in Meal Program
highlighted in green

Offered daily
with all School Lunches:
Fresh or Prepared Fruit
(Must take 1/2 cup of Fruit or Vegetable –
may take up to 1 cup)
NY State Non or Low Fat
White or
Non Fat Chocolate Milk
8oz

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