



JANUARY 2024

Gateway-Longview K-12



NYS Potatoes
NYS Cabbage
NYS Apples

Personal Touch FOOD SERVICE

Menu is subject to change.



Breakfast Options Daily

*Daily Entrée-1 (2g) or

*Cereal (2G)

Offered with all Breakfasts

*Whole Grain (WG) Entrees

*Daily Selection or Fresh &

Prepared Fruit or 100% juice -1/2 cup servings may take 1 cup

*NY State Non- Fat Milk 8oz

Children who eat breakfast show an increased ability to learn, exhibit better academic performance and may have a decreased risk of being overweight

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Cherry Frudel ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	3 Croissant Breakfast Sand ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	4 Bagel with Yogurt ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	5 Muffin/Yogurt ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz
8 French Toast Sticks ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	9 Maple Pancakes ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	10 Croissant Breakfast Sand ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	11 Pop Tarts ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	12 Cinnamon Roll ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz
15 	16 Pop Tarts ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	17 Croissant Breakfast Sand ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	18 Breakfast Breaks ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	19 Blueberry Muffin ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz
22 Maple Waffles ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	23 Ultimate Breakfast Round ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	24 Croissant Breakfast Sand ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	25 Bagel with Yogurt ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	26 HB Egg with a Muffin ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz
29 French Toast ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	30 Pancakes ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	31 Croissant Breakfast Sand ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz		

If your Son or Daughter has a particular food allergy, please contact the food service office and Health Services Office 783.3100