









September 2023 Lunch

Gateway - Longview



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
 Watermelon Zucchini & summer Squash Cucumber & tomatoes Peppers Peaches, Nectarines & Apples				 Bills Tailgate Party with Blue Raspberry Juice Rush 9-15
	Staff Development Day	Cheeseburger ----- Carrots 3/4C NYS sliced Cucumbers 1/2C NYS watermelon 1/2C Milk-8oz	Popcorn Chicken ----- NYS Seasoned Zucchini & Summer Squash 1/2 C 1C Romaine salad=1/2C Fruit 1/2C Milk-8oz	Pepperoni Pizza ----- Steamed Broccoli 1/2C Fresh Baby Carrots 1/2C NYS Apple-1Piece Milk-8oz
Philly Cheesesteak WG Hoagie ----- Baked Beans 1/2C French Fries 1/2C NYS Peaches- 1Piece Milk-8oz	Meatball Mac and Cheese Dinner Rolls ----- NYS Diced Tomatoes 3/4C Corn 1/2C Fruit 1/2C Milk-8oz	Chicken Nugget Caesar Salad ----- 1C Romaine Salad=1/2C w/ NYS Cucumbers & Tomatoes Peas 1/2C Fresh Fruit 1/2C Milk-8oz	Cheeseburger ----- Roasted Cauliflower 1/2C Fresh Baby Carrots 1/2C Fruit 1/2C Milk -8oz	Bills Tailgate Party Buffalo Chicken Pizza ----- Green Beans 1/2C Steamed Broccoli 1/2C NYS Apple- 1piece Milk-8oz Blue Raspberry Juice Rush
Chicken Patty Sand ----- Steamed Broccoli 1/2C Sweet Potatoes 3/4C Fruit 1/2C Milk -8oz	Grilled Turkey and Cheese ----- Bean Salad 1/2C Corn 1/2C NYS Apple-1Piece Milk- 8oz	BBQ Chicken Dippers ----- NYS Fresh sliced Peppers 1/2 C Green Beans 1/2C Fresh Fruit-1Piece Milk-8oz	Nacho Grande ----- Fresh Baby Carrots 1/2C Mixed Vegetables 1/2C NYS Nectarines 1-piece Milk-8oz	Back to School Carnival
Turkey Dogs ----- Green Beans 1/2C Maple glazed Carrots 3/4C NYS Peaches- 1Piece Milk-8oz	Fall Recess	BBQ Chicken Sandwich on a WG Kaiser ----- Steamed Broccoli 1/2C NYS Sliced Cucumbers 1/2C Fresh Fruit - 1Piece Milk-8oz	Beef Rice Bowl ----- Black/Red Beans 1/2C NYS Fresh sliced Peppers 1/2C Fruit 1/2C Milk-8oz	Chef's Choice Pizza ----- Fresh carrot & celery sticks 1/2C 1C Romaine salad=1/2C w/ NYS Cucumbers & Tomatoes NYS Apples - 1Piece Milk-8oz

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

In addition to the Entrée of the Day, we also serve the following Items:

6" Subs- Tuesday (2M2G)

Julienne Salads
(Includes Flatbread and Croutons) 2M2G

Peanut Butter & Jelly Sandwich (2M2G)

Offered daily with all School Lunches:

Fresh or Prepared Fruit
(Must take ½ cup of Fruit or Vegetable – may take up to 1 cup)

NY State Non or Low Fat White or Non Fat Chocolate Milk 8oz