

November 2026

Gateway Regional Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Tenders Served with Veggie Pasta salad & Baby Carrots	3 Beef Nachos Served with Black Beans, Corn, Salsa & Sour Cream	4 Buffalo Chicken Mac & Cheese Served with Peas & a LOCAL WG Roll	5 General Tso Chicken Served with Rice and Garlicky Green Beans	6 Stuffed Crust Pizza Served with LOCAL Kale Citrus Salad
9 Buffalo Chicken Dip Served with Tortilla Chips, Celery Sticks & Ranch	10 Beef Tacos w/ Lettuce, Tomato, Salsa, & Sour cream Served with Black Beans and Chipotle Corn	11 	12 Lasagna Roll Up Served with a Garden Salad and a Garlic Breadstick	13 Pepperoni or Cheese Pizza Served with Carrot Sticks
16 Chicken & Waffles Served with Syrup and a Hash Brown	17 Gateway Gobbler Sandwich Turkey, Stuffing, Cheese, Cran. Mayo on WG Roll Served with LOCAL Butternut Squash	18 Half Day Taco Bites w/ Salsa & Sour Cream Served with a Black Bean Salad	19 Half Day Ham & Cheese Wrap Served with LOCAL Kale Slaw & Chips	20 French Bread Pizza Served with A Garden Salad
23 French Toast Sticks Served with Sausage, Hash Brown & Syrup	24 Cheesy BBQ Nacho Fries Served with a WG Garlic Knot	25 Half Day Pizza Bites Served with Marinara, and Green Beans	26 	27 No School
30 Cheeseburger w/ Lettuce & Tomato Served with Baked Beans and Fries				

Alternative Meal Options:

Nachos: Tortilla chips, Nacho Cheese, Salsa, Fruit & Veg.

Caesar Salad: Chicken, Lettuce, Croutons, Pita Bread, & Fruit

PBJ: Uncrustable, Fruit & Veg.

Hummus: Pita Bread, Hummus Cup, Cheese Stick, Fruit & Veg.

All Meals are served with choice of nonfat chocolate milk or 1% milk and assorted fruits and vegetables

Did you Know?

Kale is loaded with fiber and antioxidants, and one cup of raw kale provides more than 100% of the daily value of vitamins A, C and K. Nutrient dense, low calorie foods like kale, help fight diseases linked to heart health like diabetes and obesity. Per calorie, kale has more iron than beef and more calcium than milk!

MASSACHUSETTS FARM TO SCHOOL

HARVEST MONTH

of the KALE



November

MENU SUBJECT TO CHANGE. Only one reimburable breakfast and lunch allowable per day. Any extra items will be charged to student account. Extra MS/HS lunch is \$3.75. Payments may be made online at www.myschoolbucks.com. Contact Amber Boutilier at aboutilier@grsd.org for any questions or concerns. This institution is an equal opportunity provider.