## Fruits

½ to 1 cup of fruit

## **Gallatin Gateway School**

Gallatin Gateway School offers a hot and a cold lunch option daily!

## **Cold Lunch**

In place of the meat and grain, students may choose a meat and/or cheese sandwich, fruit, vegetable, and milk. Please give cold lunch a try at GGS!



About 2 oz per day



½ to 1 cup of vegetables





1 cup 1% or fat free chocolate or white

## Hot Lunch

Gallatin Gateway School Hot Lunch on October 22, 2012
Gingered Pork, Pineapple, Rice, Carrots, and Milk

The GGS hot lunch program is Offer vs. Serve, which means three of the five offerings must be taken to have a complete hot lunch. Please join us!



About 2 oz per day