

October 2023

Houston Gateway Academy Lunch 9-12 HGA

<p>02</p> <p>Lunch Entree BBQ Chicken Tender Sandwich</p> <p>Vegetables Crinkle Cut Fries Collard Greens</p> <p>Fruit Craisins Apple Juice</p>	<p>03</p> <p>Lunch Entree Beef Tamales + Queso Dip</p> <p>Vegetables Pinto Beans Green Beans</p> <p>Fruit Orange Apple Juice</p> <p>Grains Tortilla Chips</p>	<p>04</p> <p>Lunch Entree "Fried" Chicken Bowl with Mashed Potatoes & Corn</p> <p>Vegetables Diced Carrots</p> <p>Fruit Red Apple Slices Apple Juice</p> <p>Grains Dinner Roll</p>	<p>05</p> <p>Lunch Entree Oven Fried Chicken Drumstick</p> <p>Vegetables Breaded Okra Parmesan Diced Carrots Green Beans</p> <p>Fruit Diced Peaches Apple Juice</p>	<p>06</p> <p>Lunch Entree Turkey & Beef Pepperoni Pizza</p> <p>Vegetables Broccoli Ranch Seasoned Diced Carrots</p> <p>Fruit Apple Juice Craisins</p>
<p>09</p> <p>Lunch Entree Turkey Hot Dog</p> <p>Vegetables Green Beans Pinto Beans</p> <p>Fruit Craisins Apple Juice</p>	<p>10</p> <p>Lunch Entree NEW!! Korean Chicken Rice Bowl</p> <p>Vegetables Diced Carrots Corn</p> <p>Fruit Orange Apple Juice</p>	<p>11</p> <p>Lunch Entree NEW!! Creamy Rotini & Meatballs</p> <p>Vegetables Green Beans</p> <p>Fruit Red Apple Slices Apple Juice</p> <p>Grains Garlic Texas Toast</p>	<p>12</p> <p>Lunch Entree Breakfast for Lunch: Scrambled Eggs, Turkey Sausage & French Toast Sticks</p> <p>Vegetables Sweet Potato Hash Sautéed Peppers & Onions Salsa</p> <p>Fruit Diced Peaches Apple Juice</p>	<p>13</p> <p>Lunch Entree Italian Pull Apart Cheese & Garlic Bread</p> <p>Vegetables Marinara Sauce Dunk Cup Collard Greens Broccoli</p> <p>Fruit Cool Tropics Slush Craisins</p>
<p>16</p> <p>Lunch Entree Cheeseburger</p> <p>Vegetables Crinkle Cut Fries Corn</p> <p>Fruit Craisins Apple Juice</p>	<p>17</p> <p>Lunch Entree Chicken Tenders & Honey Mustard Dip</p> <p>Vegetables Breaded Okra Pinto Beans</p> <p>Fruit Orange Apple Juice</p>	<p>18</p> <p>Lunch Entree Teriyaki Glazed Chicken Drumstick</p> <p>Vegetables Green Beans Green Peas</p> <p>Fruit Red Apple Slices Apple Juice</p> <p>Grains Blended Rice</p>	<p>19</p> <p>Lunch Entree Mini Chicken Corn Dogs</p> <p>Vegetables Collard Greens Diced Carrots</p> <p>Fruit Diced Peaches Apple Juice</p>	<p>20</p> <p>Lunch Entree Beef Crumbles Pizza</p> <p>Vegetables Parmesan Diced Carrots Baby Carrots</p> <p>Fruit Apple Juice Craisins</p> <p>Condiments Ranch Packet</p>
<p>23</p> <p>Lunch Entree Honey Mustard Grilled Chicken Sandwich</p> <p>Vegetables Wedge Cut Fries Broccoli</p> <p>Fruit Craisins Apple Juice</p>	<p>24</p> <p>Lunch Entree Grilled Cheese</p> <p>Vegetables Corn Sugar Snap Peas</p> <p>Fruit Orange Apple Juice</p>	<p>25</p> <p>Lunch Entree Beef & Shredded Cheddar Taco</p> <p>Vegetables Pinto Beans Sautéed Corn & Peppers</p> <p>Fruit Red Apple Slices Apple Juice</p> <p>Grains Blended Rice</p>	<p>26</p> <p>Lunch Entree Chicken Parmesan Penne Pasta</p> <p>Vegetables Green Beans</p> <p>Fruit Diced Peaches Apple Juice</p> <p>Grains Garlic Texas Toast</p>	<p>27</p> <p>Lunch Entree Stuffed Turkey Pepperoni Sandwich</p> <p>Vegetables Brown Sugar Glazed Diced Carrots Baby Carrots</p> <p>Fruit Apple Juice Craisins</p> <p>Condiments Ranch Packet</p>
<p>30</p> <p>Lunch Entree Meatball Sub</p> <p>Vegetables Crinkle Cut Fries</p> <p>Fruit Craisins Apple Juice</p>	<p>31</p> <p>Lunch Entree Trick or Treat Boneless Wings w/ Spooky Spicy Wing Sauce or Scary Sweet BBQ Sauce</p> <p>Vegetables Green Beans Baby Carrots</p> <p>Fruit Orange Apple Juice</p> <p>Grains Dinner Roll</p> <p>Condiments Ranch Packet</p>			

All K-12 Breakfast and Lunch are served with a choice of milk. Preschool and Supper meals are served with 1% white milk. Milk is not offered at snack.

This institution is an equal opportunity provider.