




November 2023

Houston Gateway Academy Lunch 9-12 HGA

		Lunch Entree Ground Beef & Cheese Walking Taco Vegetables Pinto Beans Broccoli Fruit Red Apple Slices Apple Juice	Lunch Entree Korean BBQ Chicken Drumstick Vegetables Sautéed Corn & Peppers Sautéed Spinach Fruit Diced Peaches Apple Juice Grains Blended Rice	Lunch Entree Turkey & Beef Pepperoni Pizza Vegetables Cucumber Slices Ranch Seasoned Diced Carrots Fruit Apple Juice Craisins Condiments Ranch Packet
Lunch Entree Fiesta Burger Vegetables Tater Tots Fruit Grape Juice Craisins	Lunch Entree NEW!! Beef & Broccoli over Rice Vegetables Broccoli Corn Fruit Orange Grape Juice	Lunch Entree Spaghetti & Meatballs Vegetables Baby Carrots Green Beans Fruit Red Apple Slices Grape Juice Grains Dinner Roll Condiments Ranch Packet	Lunch Entree Beef & Bean Red Chili Burrito Vegetables Salsa Pinto Beans Sautéed Peppers & Onions Fruit Grape Juice Diced Peaches	Lunch Entree Beef Crumbles Pizza Vegetables Broccoli Brown Sugar Glazed Diced Carrots Fruit Craisins Grape Juice
Lunch Entree Turkey Hot Dog Vegetables Crinkle Cut Fries Fruit Apple Juice Craisins	Lunch Entree Chicken Tenders & Honey Mustard Dip Vegetables Sweet Potato Fries Broccoli & Cheese Fruit Orange Apple Juice Grains Dinner Roll	Lunch Entree Grilled Cheese Vegetables Pinto Beans Sugar Snap Peas Fruit Red Apple Slices Apple Juice Grains Dinner Roll	Lunch Entree Roast Turkey & Gravy Vegetables Mashed Potatoes Green Beans Fruit Rockin Rio Local Texas Grapefruit Juice Craisins Grains Dinner Roll Cornbread Stuffing	
Lunch Entree BBQ Chicken Tender Sandwich Vegetables Crinkle Cut Fries Fruit Craisins Apple Juice	Lunch Entree Beef Tamales + Queso Dip Vegetables Pinto Beans Green Beans Fruit Orange Apple Juice Grains Tortilla Chips	Lunch Entree "Fried" Chicken Bowl with Mashed Potatoes & Corn Vegetables Diced Carrots Fruit Red Apple Slices Apple Juice Grains Dinner Roll	Lunch Entree Oven Fried Chicken Drumstick Vegetables Breaded Okra Parmesan Diced Carrots Green Beans Fruit Diced Peaches Apple Juice	

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.