



# January 2024

## Houston Gateway Academy Lunch 9-12 HGA

<p><b>01</b></p>	<p><b>02</b></p>	<p><b>03</b></p>	<p><b>04</b></p> <p><b>Lunch Entree</b> Teriyaki Chicken Rice Bowl <b>Vegetables</b> Diced Carrots Green Beans <b>Fruit</b> Diced Peaches Apple Juice</p>	<p><b>05</b></p> <p><b>Lunch Entree</b> Beef Crumbles Pizza <b>Vegetables</b> Brown Sugar Glazed Diced Carrots Broccoli <b>Fruit</b> Craisins Apple Juice</p>
<p><b>08</b></p> <p><b>Lunch Entree</b> Mini Chicken Corn Dogs <b>Vegetables</b> Crinkle Cut Fries Green Beans <b>Fruit</b> Craisins Apple Juice</p>	<p><b>09</b></p> <p><b>Lunch Entree</b> Bean &amp; Cheese Pupusa <b>Vegetables</b> Sautéed Corn &amp; Peppers Diced Carrots <b>Fruit</b> Orange Apple Juice</p>	<p><b>10</b></p> <p><b>Lunch Entree</b> Breaded Chicken Parmesan Sandwich <b>Vegetables</b> Broccoli Sugar Snap Peas <b>Fruit</b> Red Apple Slices Apple Juice</p>	<p><b>11</b></p> <p><b>Lunch Entree</b> BBQ Chicken Drumstick <b>Vegetables</b> Pinto Beans Breaded Okra <b>Fruit</b> Diced Peaches Apple Juice <b>Grains</b> Dinner Roll</p>	<p><b>12</b></p> <p><b>Lunch Entree</b> Turkey &amp; Beef Pepperoni Pizza <b>Vegetables</b> Parmesan Diced Carrots Broccoli <b>Fruit</b> Craisins Apple Juice</p>
<p><b>15</b></p>	<p><b>16</b></p> <p><b>Lunch Entree</b> Chicken Fajita Walking Taco <b>Vegetables</b> Pinto Beans Corn <b>Fruit</b> Orange Apple Juice</p>	<p><b>17</b></p> <p><b>Lunch Entree</b> Beef Bulgogi with Rice <b>Vegetables</b> Diced Carrots Broccoli <b>Fruit</b> Red Apple Slices Apple Juice</p>	<p><b>18</b></p> <p><b>Lunch Entree</b> Chicken Parmesan Penne Pasta <b>Vegetables</b> Green Beans Collard Greens <b>Fruit</b> Diced Peaches Apple Juice <b>Grains</b> Dinner Roll</p>	<p><b>19</b></p> <p><b>Lunch Entree</b> Deep Dish Cheese Pizza <b>Vegetables</b> Brown Sugar Glazed Diced Carrots Green Beans <b>Fruit</b> Craisins Apple Juice</p>
<p><b>22</b></p> <p><b>Lunch Entree</b> BBQ Chicken Tender Sandwich <b>Vegetables</b> Crinkle Cut Fries Green Beans <b>Fruit</b> Craisins Apple Juice</p>	<p><b>23</b></p> <p><b>Lunch Entree</b> Beef Tamales <b>Vegetables</b> Pinto Beans Corn <b>Fruit</b> Orange Apple Juice <b>Grains</b> Tortilla Chips</p>	<p><b>24</b></p> <p><b>Lunch Entree</b> Breakfast for Lunch; Scrambled Eggs, Turkey Sausage &amp; French Toast Sticks <b>Vegetables</b> Sweet Potato Hash Sautéed Peppers &amp; Onions Salsa <b>Fruit</b> Red Apple Slices Apple Juice</p>	<p><b>25</b></p> <p><b>Lunch Entree</b> "Fried" Chicken Bowl with Mashed Potatoes &amp; Corn <b>Fruit</b> Diced Peaches Apple Juice <b>Grains</b> Dinner Roll</p>	<p><b>26</b></p> <p><b>Lunch Entree</b> Turkey &amp; Beef Pepperoni Pizza <b>Vegetables</b> Broccoli Ranch Seasoned Diced Carrots <b>Fruit</b> Apple Juice Craisins</p>
<p><b>29</b></p> <p><b>Lunch Entree</b> Turkey Hot Dog <b>Vegetables</b> Wedge Cut Fries Green Beans <b>Fruit</b> Craisins Apple Juice</p>	<p><b>30</b></p> <p><b>Lunch Entree</b> Beef &amp; Bean Red Chili Burrito <b>Vegetables</b> Pinto Beans Sautéed Corn &amp; Peppers <b>Fruit</b> Orange Apple Juice</p>	<p><b>31</b></p> <p><b>Lunch Entree</b> Korean Chicken Rice Bowl <b>Vegetables</b> Green Beans Corn <b>Fruit</b> Red Apple Slices Apple Juice</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.