

OCTOBER BREAKFAST



Houston Gateway Academy

Monday	Tuesday	Wednesday	Thursday	Friday
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
				FRUITY CHEERIOS [^] Strawberry Pancake Square [^] Fresh Apple Choice of Milk
October 4, 2021	October 5, 2021	October 6, 2021	October 7, 2021	October 8, 2021
CINNAMON TOAST CRUNCH [^] Apple Bar [^] Craisins Orange Juice Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN [^] Pineapple Tidbits Grape Juice Grape Jelly Choice of Milk	CINNAMON TOAST CRUNCH [^] Graham Crackers [^] Fresh Apple Choice of Milk	PILLSBURY GRAPE CRESCENT [^] Fresh Banana Blended Fruit Juice Choice of Milk	BLUEBERRY MINI MUFFIN [^] Mozzarella Cheese Stick Fresh Apple Choice of Milk
October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021
FRUITY CHEERIOS [^] Maple Breakfast Square [^] Craisins Blended Fruit Juice Choice of Milk	BEEF SAUSAGE SLIDER [^] Diced Peaches Apple-Cranberry Juice Grape Jelly Choice of Milk	BANANA MINI MUFFIN [^] Mozzarella Cheese Stick Fresh Apple Choice of Milk	CHICKEN BISCUIT [^] Fresh Banana Grape Juice Honey Choice of Milk	CINNAMON TOAST CRUNCH [^] Vanilla Waffle Square [^] Fresh Apple Choice of Milk
October 18, 2021	October 19, 2021	October 20, 2021	October 21, 2021	October 22, 2021
RICE CHEX [^] Strawberry Pancake Square [^] Craisins Apple-Cranberry Juice Choice of Milk	CHERRY FRUDEL [^] Diced Peaches Blended Fruit Juice Choice of Milk	DOUBLE CHOCOLATE MINI MUFFIN [^] Mozzarella Cheese Stick Fresh Apple Choice of Milk	FRENCH TOAST STICKS [^] Fresh Banana Orange Juice Syrup Choice of Milk	STRAWBERRY YOGURT Granola [^] Fresh Apple Choice of Milk
October 25, 2021	October 26, 2021	October 27, 2021	October 28, 2021	October 29, 2021
APPLE CINNAMON CHEERIOS [^] Graham Crackers [^] Craisins Orange Juice Choice of Milk	WAFFLES [^] Mixed Fruit Cup Apple-Cranberry Juice Syrup Choice of Milk	TRIX [^] Maple Breakfast Square [^] Fresh Apple Choice of Milk	EGG & CHEESE ON ENGLISH MUFFIN [^] Fresh Banana Blended Fruit Juice Grape Jelly Choice of Milk	CHERRY BREAKFAST BAR [^] Mozzarella Cheese Stick Fresh Apple Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

[^] Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

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