



# September 2022

## Houston Gateway Academy HGA 9-12 Lunch

			<b>01</b> <b>Entree</b> Chicken Nuggets <b>Vegetables</b> Mashed Potatoes & Gravy Green Beans <b>Fruit</b> Diced Peaches Craisins <b>Grains</b> Dinner Roll	<b>02</b> <b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Broccoli Sliced Carrots <b>Fruit</b> Orange Mixed Fruit
<b>05</b> <b>Entree</b> BBQ Chicken Drumstick <b>Vegetables</b> Baked Beans Potato Salad <b>Fruit</b> Pears Banana <b>Grains</b> Bread, 2 slices	<b>06</b> <b>Entree</b> Salisbury Steak w/ Gravy <b>Vegetables</b> Corn Cucumber Slices <b>Fruit</b> Pineapple Banana <b>Grains</b> Blended Rice	<b>07</b> <b>Entree</b> Spaghetti & Meatballs <b>Vegetables</b> Green Peas Sliced Carrots <b>Fruit</b> Diced Peaches Craisins	<b>08</b> <b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Sliced Carrots Broccoli <b>Fruit</b> Orange Mixed Fruit	<b>09</b> <b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Sliced Carrots Broccoli <b>Fruit</b> Orange Mixed Fruit
<b>12</b> <b>Entree</b> WG Battered Corn Dog <b>Vegetables</b> Wedge Cut Fries Sugar Snap Peas <b>Fruit</b> Diced Peaches Orange	<b>13</b> <b>Entree</b> Beef & Cheese Taco <b>Vegetables</b> Salsa Pinto Beans <b>Fruit</b> Pears Banana <b>Grains</b> Mexican Rice	<b>14</b> <b>Entree</b> Grilled Chicken <b>Vegetables</b> Collard Greens Green Beans <b>Fruit</b> Banana Pineapple <b>Grains</b> Dinner Roll Mac & Cheese	<b>15</b> <b>Entree</b> Chicken Tenders <b>Vegetables</b> Sweet Potato Fries Corn <b>Fruit</b> Diced Peaches Craisins <b>Grains</b> Dinner Roll	<b>16</b> <b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Diced Carrots Broccoli <b>Fruit</b> Cool Tropics Slush Orange
<b>19</b> <b>Entree</b> Cheeseburger <b>Vegetables</b> Crinkle Cut Fries Corn <b>Fruit</b> Orange Diced Peaches	<b>20</b> <b>Entree</b> Chicken Fajitas <b>Vegetables</b> Salsa Pinto Beans <b>Fruit</b> Pears Banana <b>Grains</b> Mexican Rice	<b>21</b> <b>Entree</b> Oven Fried Chicken Drumstick <b>Vegetables</b> Glazed Carrots Collard Greens <b>Fruit</b> Banana Pineapple <b>Grains</b> Cornbread	<b>22</b> <b>Entree</b> Spaghetti & Meatsauce <b>Vegetables</b> Vegetable Blend Broccoli <b>Fruit</b> Diced Peaches Craisins	<b>23</b> <b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Green Beans Sliced Carrots <b>Fruit</b> Orange Mixed Fruit
<b>26</b> <b>Entree</b> Turkey Hot Dog <b>Vegetables</b> Baked Beans Sugar Snap Peas <b>Fruit</b> Diced Peaches Orange	<b>27</b> <b>Entree</b> Chicken Tenders <b>Vegetables</b> Glazed Carrots Green Peas <b>Fruit</b> Banana Pears <b>Grains</b> Dinner Roll	<b>28</b> <b>Entree</b> Mozzarella Cheese Stuffed Breadsticks <b>Vegetables</b> Spaghetti Sauce Dip Corn <b>Fruit</b> Pineapple Banana	<b>29</b> <b>Entree</b> Chicken Nuggets <b>Vegetables</b> Green Beans Mashed Potatoes & Gravy <b>Fruit</b> Diced Peaches Craisins <b>Grains</b> Dinner Roll	<b>30</b> <b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Broccoli Sliced Carrots <b>Fruit</b> Mixed Fruit Orange

All meals are served with a choice of milk. This institution is an equal opportunity provider.