



October 2022

Houston Gateway Academy Breakfast

03 Entree Banana Muffin Fruit Red Apple	04 Entree Biscuit & Jelly Fruit Banana Orange Juice	05 Entree Mini Cinnamon Waffles Fruit Craisins Orange Juice	06 Entree Egg & Cheese Biscuit Sandwich Fruit Orange Orange Juice	07 Entree Yogurt & Granola Fruit Mixed Fruit Orange Juice
10 Entree Cinnamon Toast Crunch Fruit Red Apple	11 Entree Breakfast Turkey Sausage Pizza Fruit Banana Orange Juice	12 Entree French Toast Sticks Fruit Craisins Orange Juice	13 Entree Turkey Sausage Biscuit Sandwich Fruit Orange Orange Juice	14 Entree Banana Muffin Fruit Diced Peaches Orange Juice
17 Entree Coffee Cake Fruit Red Apple	18 Entree Chicken & Beef Kolache Fruit Banana Orange Juice	19 Entree Mini Maple Pancakes Fruit Craisins Orange Juice	20 Entree Biscuit & Jelly Fruit Orange Orange Juice	21 Entree Mini Cinnamon Rolls Fruit Mixed Fruit Orange Juice
24 Entree Cinnamon Toast Crunch Soft Filled Bar Fruit Red Apple	25 Entree Pancake & Turkey Sausage Wrap Fruit Banana Orange Juice	26 Entree Breaded Chicken Biscuit Fruit Craisins Orange Juice	27 Entree Mini Confetti Pancakes Fruit Orange Orange Juice	28 Entree Mini Bagels w/ Strawberry Cream Cheese Fruit Diced Peaches Orange Juice
31 Entree Banana Muffin Fruit Red Apple				

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.