



October 2022

Houston Gateway Academy HGA 9-12 Lunch

<p>03</p> <p>Entree Breaded Chicken Sandwich</p> <p>Vegetables Crinkle Cut Fries Green Beans</p> <p>Fruit Orange Diced Peaches</p>	<p>04</p> <p>Entree BBQ Chicken Drumstick</p> <p>Vegetables Baked Beans Diced Carrots</p> <p>Fruit Pears Banana</p> <p>Grains Bread</p>	<p>05</p> <p>Entree Salisbury Steak w/ Gravy</p> <p>Vegetables Corn Cucumber Slices</p> <p>Fruit Pineapple Banana</p> <p>Grains Blended Rice</p>	<p>06</p> <p>Entree Spaghetti & Meatballs</p> <p>Vegetables Green Peas Sliced Carrots</p> <p>Fruit Diced Peaches Craisins</p>	<p>07</p> <p>Entree Papa Johns Cheese Pizza</p> <p>Vegetables Sliced Carrots Broccoli</p> <p>Fruit Orange Red Apple</p>
<p>10</p> <p>Entree WG Battered Corn Dog</p> <p>Vegetables Sugar Snap Peas Wedge Cut Fries</p> <p>Fruit Diced Peaches Orange</p>	<p>11</p> <p>Entree Beef & Cheese Taco</p> <p>Vegetables Pinto Beans Salsa</p> <p>Fruit Banana Pears</p> <p>Grains Mexican Rice</p>	<p>12</p> <p>Entree Grilled Chicken</p> <p>Vegetables Green Beans Collard Greens</p> <p>Fruit Pineapple Banana</p> <p>Grains Dinner Roll Mac & Cheese</p>	<p>13</p> <p>Entree Chicken Tenders</p> <p>Vegetables Sweet Potato Fries Corn</p> <p>Fruit Diced Peaches Craisins</p> <p>Grains Dinner Roll</p>	<p>14</p> <p>Entree Papa Johns Cheese Pizza</p> <p>Vegetables Broccoli Diced Carrots</p> <p>Fruit Orange Cool Tropics Slush</p>
<p>17</p> <p>Entree Cheeseburger</p> <p>Vegetables Corn Baked Beans</p> <p>Fruit Orange Diced Peaches</p>	<p>18</p> <p>Entree Mozzarella Cheese Stuffed Breadsticks</p> <p>Vegetables Marinara Sauce Dunk Cup Diced Carrots Green Peas</p> <p>Fruit Pears Banana</p>	<p>19</p> <p>Entree Breaded Chicken Sandwich</p> <p>Vegetables Collard Greens Sliced Carrots</p> <p>Fruit Banana Pineapple</p>	<p>20</p> <p>Entree Spaghetti & Meatsauce</p> <p>Vegetables Vegetable Blend Broccoli</p> <p>Fruit Diced Peaches Craisins</p>	<p>21</p> <p>Entree Papa Johns Cheese Pizza</p> <p>Vegetables Green Beans Sliced Carrots</p> <p>Fruit Orange Red Apple</p>
<p>24</p> <p>Entree Turkey Hot Dog</p> <p>Vegetables Crinkle Cut Fries Sugar Snap Peas</p> <p>Fruit Diced Peaches Orange</p>	<p>25</p> <p>Entree Chicken Fajitas</p> <p>Vegetables Pinto Beans Salsa Tomato Diced, 1/4 cup</p> <p>Fruit Pears Banana</p> <p>Grains Mexican Rice</p>	<p>26</p> <p>Entree BBQ Chicken Sandwich</p> <p>Vegetables Corn Sliced Carrots</p> <p>Fruit Banana Pineapple</p>	<p>27</p> <p>Entree Chicken Nuggets</p> <p>Vegetables Mashed Potatoes & Gravy Green Beans</p> <p>Fruit Diced Peaches Craisins</p> <p>Grains Dinner Roll</p>	<p>28</p> <p>Entree Papa Johns Cheese Pizza</p> <p>Vegetables Broccoli Glazed Carrots</p> <p>Fruit Orange Red Apple</p>
<p>31</p> <p>Entree Breaded Chicken Sandwich</p> <p>Vegetables Green Beans Crinkle Cut Fries</p> <p>Fruit Orange Diced Peaches</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.