

October 2022

Houston Gateway Academy Cold Supper

03	3 04	. 05		06	07
Entree	Entree	Entree	Entree	00	07
Fritos & Bean Dip	Wowbutter & Jelly Sandwich	Turkey Ham & Cheese on Hawaiian	Turkey & Cheese Sandwich		
Vegetables	Vegetables	Bun	Vegetables		
Baby Carrots	Celery	Vegetables	Celery		
Fruit	Fruit	Baby Carrots	Fruit		
Craisins	Red Apple	Fruit	Banana		
Misc.	Misc.	Orange	Misc.		
String Cheese	String Cheese	Misc.	Ranch		
-	-	String Cheese	Ranch		
Ranch	Ranch	Ranch			
10	11	12		13	14
Entree	Entree	Entree	Entree		
Fritos & Bean Dip	Wowbutter & Jelly Sandwich	Turkey Ham & Cheese on Hawaiian Bun	Turkey & Cheese Sandwich		
Vegetables	Vegetables	Vegetables	Vegetables		
Baby Carrots	Celery	Cucumber Slices	Celery		
Fruit	Fruit	Fruit	Fruit		
Craisins	Orange		Banana		
Misc.	Misc.	Red Apple	Misc.		
Ranch	String Cheese	Misc.	Ranch		
String Cheese	Ranch	String Cheese Ranch			
17				20	21
Entree	Entree	Entree	Entree		
Fritos & Bean Dip	Wowbutter & Jelly Sandwich	Turkey Ham & Cheese on Hawaiian	Turkey & Cheese Sandwich		
Vegetables	Vegetables	Bun	Vegetables		
Baby Carrots	Celery	Vegetables	Celery		
Fruit	Fruit	Baby Carrots	Fruit		
Craisins	Red Apple	Fruit	Banana		
Misc.	Misc.	Orange	Misc.		
Ranch	String Cheese	Misc.	Ranch		
String Cheese	Ranch	String Cheese			
		Ranch			
24	4 25	26		27	28
Entree	Entree	Entree	Entree		
Fritos & Bean Dip	Wowbutter & Jelly Sandwich	Turkey Ham & Cheese on Hawaiian	Turkey & Cheese Sandwich	1	
Vegetables	Vegetables	Bun	Vegetables	1	
Baby Carrots	Celery	Vegetables	Celery		
Fruit	Fruit	Cucumber Slices	Fruit		
Craisins	Orange	Fruit	Banana		
Misc.	Misc.	Red Apple	Misc.		
Ranch	String Cheese	Misc.	Ranch		
	-	String Cheese	Railch		
String Cheese	Ranch	Ranch			
31		-	•	•	
Entree					
Fritos & Bean Dip					
Vegetables					
Baby Carrots					
Fruit					
Craisins					
Misc.					
Ranch					
String Cheese					

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.