



# November 2022

## Houston Gateway Academy HGA 9-12 Lunch

	<b>01</b> <b>Entree</b> BBQ Chicken Drumstick <b>Vegetables</b> Baked Beans Diced Carrots <b>Fruit</b> Pears Banana <b>Grains</b> Bread <b>Misc.</b> Cheddar Cheese Cubes	<b>02</b> <b>Entree</b> Salisbury Steak w/ Gravy <b>Vegetables</b> Corn Vegetable Blend <b>Fruit</b> Pineapple Banana <b>Grains</b> Blended Rice	<b>03</b> <b>Entree</b> Spaghetti & Meatballs <b>Vegetables</b> Green Peas Sliced Carrots <b>Fruit</b> Diced Peaches Craisins	<b>04</b> <b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Sliced Carrots Broccoli <b>Fruit</b> Orange Red Apple
<b>07</b> <b>Entree</b> WG Battered Corn Dog <b>Vegetables</b> Wedge Cut Fries Sugar Snap Peas <b>Fruit</b> Diced Peaches Orange	<b>08</b> <b>Entree</b> Beef & Cheese Taco <b>Vegetables</b> Salsa Pinto Beans <b>Fruit</b> Pears Banana <b>Grains</b> Mexican Rice	<b>09</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>10</b> <b>Entree</b> Chicken Tenders & Ketchup <b>Vegetables</b> Sweet Potato Fries Corn <b>Fruit</b> Diced Peaches Craisins <b>Grains</b> Dinner Roll	<b>11</b> <b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Diced Carrots Broccoli <b>Fruit</b> Orange Red Apple
<b>14</b> <b>Entree</b> Cheeseburger <b>Vegetables</b> Corn Baked Beans <b>Fruit</b> Orange Diced Peaches	<b>15</b> <b>Entree</b> Grilled Cheese <b>Vegetables</b> Green Peas Diced Carrots <b>Fruit</b> Pears Banana	<b>16</b> <b>Entree</b> Breaded Chicken Sandwich <b>Vegetables</b> Sliced Carrots Corn <b>Fruit</b> Banana Pineapple	<b>17</b> <b>Entree</b> Spaghetti & Meatsauce <b>Vegetables</b> Vegetable Blend Broccoli <b>Fruit</b> Diced Peaches Craisins	<b>18</b> <b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Green Beans Sliced Carrots <b>Fruit</b> Red Apple Cool Tropics Slush
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>28</b> <b>Entree</b> Breaded Chicken Sandwich <b>Vegetables</b> Green Beans Crinkle Cut Fries <b>Fruit</b> Orange Diced Peaches	<b>29</b> <b>Entree</b> BBQ Chicken Drumstick <b>Vegetables</b> Diced Carrots Baked Beans <b>Fruit</b> Banana Pears <b>Grains</b> Bread <b>Misc.</b> Cheddar Cheese Cubes	<b>30</b> <b>Entree</b> Salisbury Steak w/ Gravy <b>Vegetables</b> Vegetable Blend Corn <b>Fruit</b> Banana Pineapple <b>Grains</b> Blended Rice		

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.