



# January 2023

Houston Gateway Academy  
HGA K-8 Lunch

<p style="text-align: right;"><b>02</b></p>	<p style="text-align: right;"><b>03</b></p>	<p style="text-align: right;"><b>04</b></p> <p><b>Entree</b> Grilled Chicken <b>Vegetables</b> Collard Greens Green Beans <b>Fruit</b> Banana <b>Grains</b> Dinner Roll Mac &amp; Cheese</p>	<p style="text-align: right;"><b>05</b></p> <p><b>Entree</b> Chicken Tenders &amp; Ketchup <b>Vegetables</b> Sweet Potato Fries Corn <b>Fruit</b> Diced Peaches</p>	<p style="text-align: right;"><b>06</b></p> <p><b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Diced Carrots Broccoli <b>Fruit</b> Red Apple</p>
<p style="text-align: right;"><b>09</b></p> <p><b>Entree</b> Cheeseburger <b>Vegetables</b> Baked Beans Corn <b>Fruit</b> Orange</p>	<p style="text-align: right;"><b>10</b></p> <p><b>Entree</b> Grilled Cheese <b>Vegetables</b> Green Peas Diced Carrots <b>Fruit</b> Pears</p>	<p style="text-align: right;"><b>11</b></p> <p><b>Entree</b> Oven Fried Chicken Drumstick <b>Vegetables</b> Sliced Carrots Collard Greens <b>Fruit</b> Banana <b>Grains</b> Cheesy Cornbread Muffin</p>	<p style="text-align: right;"><b>12</b></p> <p><b>Entree</b> Spaghetti &amp; Meatsauce <b>Vegetables</b> Vegetable Blend Broccoli <b>Fruit</b> Craisins</p>	<p style="text-align: right;"><b>13</b></p> <p><b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Diced Carrots Green Beans <b>Fruit</b> Cool Tropics Slush</p>
<p style="text-align: right;"><b>16</b></p>	<p style="text-align: right;"><b>17</b></p> <p><b>Entree</b> Chicken Fajitas <b>Vegetables</b> Pinto Beans Salsa <b>Fruit</b> Pears <b>Grains</b> Mexican Rice</p>	<p style="text-align: right;"><b>18</b></p> <p><b>Entree</b> Chicken Alfredo <b>Vegetables</b> Diced Carrots Corn <b>Fruit</b> Banana</p>	<p style="text-align: right;"><b>19</b></p> <p><b>Entree</b> Chicken Nuggets <b>Vegetables</b> Mashed Potatoes &amp; Gravy Green Beans <b>Fruit</b> Diced Peaches</p>	<p style="text-align: right;"><b>20</b></p> <p><b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Broccoli Carrots <b>Fruit</b> Red Apple</p>
<p style="text-align: right;"><b>23</b></p> <p><b>Entree</b> Breaded Chicken Sandwich <b>Vegetables</b> Crinkle Cut Fries Green Beans <b>Fruit</b> Orange</p>	<p style="text-align: right;"><b>24</b></p> <p><b>Entree</b> BBQ Chicken Drumstick <b>Vegetables</b> Baked Beans Diced Carrots <b>Fruit</b> Pears <b>Grains</b> Bread</p>	<p style="text-align: right;"><b>25</b></p> <p><b>Entree</b> Cheeseburger <b>Vegetables</b> Corn Sugar Snap Peas <b>Fruit</b> Banana</p>	<p style="text-align: right;"><b>26</b></p> <p><b>Entree</b> Spaghetti &amp; Meatballs <b>Vegetables</b> Green Peas <b>Fruit</b> Diced Peaches</p>	<p style="text-align: right;"><b>27</b></p> <p><b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Broccoli Carrots <b>Fruit</b> Red Apple</p>
<p style="text-align: right;"><b>30</b></p> <p><b>Entree</b> WG Battered Corn Dog <b>Vegetables</b> Sugar Snap Peas Wedge Cut Fries <b>Fruit</b> Orange</p>	<p style="text-align: right;"><b>31</b></p> <p><b>Entree</b> Beef Taco <b>Vegetables</b> Pinto Beans Salsa <b>Fruit</b> Pears <b>Grains</b> Mexican Rice</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.