



# January 2023

## Houston Gateway Academy HGA Preschool Lunch

02	03	04 <b>Entree</b> Diced Grilled Chicken <b>Vegetables</b> Green Beans <b>Fruit</b> Banana <b>Grains</b> Mac & Cheese	05 <b>Entree</b> Chicken Nuggets <b>Vegetables</b> Creamed Corn <b>Fruit</b> Diced Peaches	06 <b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Carrots <b>Fruit</b> Pineapple Tidbits
09 <b>Entree</b> Cheeseburger <b>Vegetables</b> Baked Beans <b>Fruit</b> Mixed Fruit	10 <b>Entree</b> Grilled Cheese <b>Vegetables</b> Green Beans <b>Fruit</b> Pears	11 <b>Entree</b> Breaded Chicken Sandwich <b>Vegetables</b> Carrots <b>Fruit</b> Banana	12 <b>Entree</b> Spaghetti & Meatsauce <b>Vegetables</b> Broccoli <b>Fruit</b> Diced Peaches	13 <b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Green Beans <b>Fruit</b> Pineapple Tidbits
16	17 <b>Entree</b> Chicken Fajitas <b>Vegetables</b> Pinto Beans <b>Fruit</b> Pears	18 <b>Entree</b> Chicken Alfredo <b>Vegetables</b> Diced Carrots <b>Fruit</b> Banana <b>Grains</b> Dinner Roll	19 <b>Entree</b> Chicken Nuggets <b>Vegetables</b> Green Beans <b>Fruit</b> Diced Peaches	20 <b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Broccoli <b>Fruit</b> Pineapple Tidbits
23 <b>Entree</b> Breaded Chicken Sandwich <b>Vegetables</b> Crinkle Cut Fries <b>Fruit</b> Mixed Fruit	24 <b>Entree</b> BBQ Chicken <b>Vegetables</b> Baked Beans <b>Fruit</b> Pears <b>Grains</b> Dinner Roll	25 <b>Entree</b> Cheeseburger <b>Vegetables</b> Creamed Corn <b>Fruit</b> Banana	26 <b>Entree</b> Spaghetti & Meatballs <b>Fruit</b> Diced Peaches	27 <b>Entree</b> Papa Johns Cheese Pizza <b>Vegetables</b> Green Beans <b>Fruit</b> Pineapple Tidbits
30 <b>Entree</b> Sloppy Joe <b>Vegetables</b> Wedge Cut Fries <b>Fruit</b> Mixed Fruit	31 <b>Entree</b> Beef Taco <b>Vegetables</b> Pinto Beans <b>Fruit</b> Pears			

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.