

March 2023

Houston Gateway Academy Lunch 9-12 HGA

			01	TAP:		
			01	02	-TI	03
1		Lunch Entree		Lunch Entree	Lunch Entree	
		Grilled Chicken		Grilled Cheese	Papa Johns Cheese Pizza	
		Vegetables		Vegetables	Vegetables	
		Green Beans		Sweet Potato Fries	Diced Carrots	
		Collard Greens		Corn	Broccoli	
		Fruit		Fruit	Fruit	
		Pineapple		Diced Peaches	Red Apple	
		Banana		Craisins		
		Grains				
		Dinner Roll				
		Mac & Cheese				
	06	07	00	00		10
		07	08	09	•	IU
Lunch Entree	Lunch Entree	Lunch Entree		Lunch Entree	Lunch Entree	
Cheeseburger	Chicken Tenders & BBQ Sauce	BBQ Chicken Drumstick		Mozzarella Cheese Stuffed Breadsticks	Papa Johns Cheese Pizza	
Vegetables	Vegetables	Vegetables		Vegetables	Vegetables	
Baked Beans	Diced Carrots	Corn		Marinara Sauce Dunk Cup	Broccoli	
Corn	Green Peas	Sliced Carrots		Green Beans	Sliced Carrots	
Fruit	Fruit	Fruit		Fruit	Fruit	
Diced Peaches	Blueberries	Pineapple		Diced Peaches	Cool Tropics Slush	
Orange	Banana	Banana		Craisins	Red Apple	
	Grains	Grains				
1	Dinner Roll	Cheesy Cornbread Muffin				
		Misc.				
i		Cheddar Cheese Cubes				
	13		15	16		17
	13	14	15	16	,	17
1						
	20	21	22	23		24
	20 Lunch Entree	21 Lunch Entree	22	23 Lunch Entree		24
Lunch Entree	Lunch Entree	Lunch Entree	22	Lunch Entree	Lunch Entree	24
Lunch Entree Breaded Chicken Sandwich	Lunch Entree BBQ Chicken Drumstick	Lunch Entree Salisbury Steak w/ Gravy	22	Lunch Entree Spaghetti & Meatballs	Lunch Entree Papa Johns Cheese Pizza	24
Lunch Entree Breaded Chicken Sandwich Vegetables	Lunch Entree BBQ Chicken Drumstick Vegetables	Lunch Entree Salisbury Steak w/ Gravy Vegetables	22	Lunch Entree Spaghetti & Meatballs Vegetables	Lunch Entree Papa Johns Cheese Pizza Vegetables	24
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas	22	Lunch Entree Spaghetti & Meatballs Vegetables Green Peas	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots	24
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn	22	Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli	24
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit	22	Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit	24
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana	22	Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli	24
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple	22	Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit	24
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple Grains	22	Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit	24
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains Bread	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple	22	Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit	24
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains Bread Misc.	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple Grains	22	Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit	24
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush Diced Peaches	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains Bread Misc. Cheddar Cheese Cubes	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple Grains	22	Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit Red Apple	
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush Diced Peaches	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains Bread Misc.	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple Grains	22	Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit Red Apple	24
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush Diced Peaches	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains Bread Misc. Cheddar Cheese Cubes	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple Grains Blended Rice		Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches Craisins	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit Red Apple	
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush Diced Peaches	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains Bread Misc. Cheddar Cheese Cubes	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple Grains Blended Rice		Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches Craisins	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit Red Apple	
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush Diced Peaches Lunch Entree	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains Bread Misc. Cheddar Cheese Cubes	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple Grains Blended Rice		Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches Craisins	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit Red Apple	
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush Diced Peaches Lunch Entree WG Battered Corn Dog Vegetables	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains Bread Misc. Cheddar Cheese Cubes 27 Lunch Entree Beef Taco Vegetables	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple Grains Blended Rice Lunch Entree Grilled Chicken Vegetables		Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches Craisins 30 Lunch Entree Grilled Cheese	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit Red Apple Lunch Entree Papa Johns Cheese Pizza Vegetables	
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush Diced Peaches Lunch Entree WG Battered Corn Dog Vegetables Baby Carrots	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains Bread Misc. Cheddar Cheese Cubes 27 Lunch Entree Beef Taco Vegetables Sautéed Peppers & Onions	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple Grains Blended Rice Lunch Entree Grilled Chicken Vegetables Green Beans		Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches Craisins Lunch Entree Grilled Cheese Vegetables Sweet Potato Fries	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit Red Apple Lunch Entree Papa Johns Cheese Pizza Vegetables Diced Carrots	
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush Diced Peaches Lunch Entree WG Battered Corn Dog Vegetables Baby Carrots Wedge Cut Fries	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains Bread Misc. Cheddar Cheese Cubes 27 Lunch Entree Beef Taco Vegetables Sautéed Peppers & Onions Pinto Beans	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple Grains Blended Rice Lunch Entree Grilled Chicken Vegetables Green Beans Collard Greens		Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches Craisins Lunch Entree Grilled Cheese Vegetables Sweet Potato Fries Corn	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit Red Apple Lunch Entree Papa Johns Cheese Pizza Vegetables Diced Carrots Broccoli	
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush Diced Peaches Lunch Entree WG Battered Corn Dog Vegetables Baby Carrots Wedge Cut Fries Diced Carrots	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains Bread Misc. Cheddar Cheese Cubes 27 Lunch Entree Beef Taco Vegetables Sautéed Peppers & Onions Pinto Beans Fruit	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple Grains Blended Rice Lunch Entree Grilled Chicken Vegetables Green Beans Collard Greens Fruit		Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches Craisins Lunch Entree Grilled Cheese Vegetables Sweet Potato Fries Corn Fruit	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit Red Apple Lunch Entree Papa Johns Cheese Pizza Vegetables Diced Carrots Broccoli Fruit	
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush Diced Peaches Lunch Entree WG Battered Corn Dog Vegetables Baby Carrots Wedge Cut Fries Diced Carrots Fruit	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains Bread Misc. Cheddar Cheese Cubes 27 Lunch Entree Beef Taco Vegetables Sautéed Peppers & Onions Pinto Beans Fruit Blueberries	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple Grains Blended Rice Lunch Entree Grilled Chicken Vegetables Green Beans Collard Greens Fruit Pineapple		Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches Craisins Lunch Entree Grilled Cheese Vegetables Sweet Potato Fries Corn Fruit Diced Peaches	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit Red Apple Lunch Entree Papa Johns Cheese Pizza Vegetables Diced Carrots Broccoli	
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush Diced Peaches Lunch Entree WG Battered Corn Dog Vegetables Baby Carrots Wedge Cut Fries Diced Carrots Fruit Diced Peaches	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains Bread Misc. Cheddar Cheese Cubes 2.7 Lunch Entree Beef Taco Vegetables Sautéed Peppers & Onions Pinto Beans Fruit Blueberries Banana	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple Grains Blended Rice Lunch Entree Grilled Chicken Vegetables Green Beans Collard Greens Fruit Pineapple Banana		Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches Craisins Lunch Entree Grilled Cheese Vegetables Sweet Potato Fries Corn Fruit	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit Red Apple Lunch Entree Papa Johns Cheese Pizza Vegetables Diced Carrots Broccoli Fruit	
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush Diced Peaches Lunch Entree WG Battered Corn Dog Vegetables Baby Carrots Wedge Cut Fries Diced Carrots Fruit Diced Peaches Orange	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains Bread Misc. Cheddar Cheese Cubes 27 Lunch Entree Beef Taco Vegetables Sautéed Peppers & Onions Pinto Beans Fruit Blueberries Banana Grains	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple Grains Blended Rice Lunch Entree Grilled Chicken Vegetables Green Beans Collard Greens Fruit Pineapple Banana Grains		Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches Craisins Lunch Entree Grilled Cheese Vegetables Sweet Potato Fries Corn Fruit Diced Peaches	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit Red Apple Lunch Entree Papa Johns Cheese Pizza Vegetables Diced Carrots Broccoli Fruit	
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Crinkle Cut Fries Fruit Cool Tropics Slush Diced Peaches Lunch Entree WG Battered Corn Dog Vegetables Baby Carrots Wedge Cut Fries Diced Carrots Fruit Diced Peaches	Lunch Entree BBQ Chicken Drumstick Vegetables Diced Carrots Baked Beans Fruit Blueberries Banana Grains Bread Misc. Cheddar Cheese Cubes 2.7 Lunch Entree Beef Taco Vegetables Sautéed Peppers & Onions Pinto Beans Fruit Blueberries Banana	Lunch Entree Salisbury Steak w/ Gravy Vegetables Sugar Snap Peas Corn Fruit Banana Pineapple Grains Blended Rice Lunch Entree Grilled Chicken Vegetables Green Beans Collard Greens Fruit Pineapple Banana		Lunch Entree Spaghetti & Meatballs Vegetables Green Peas Sliced Carrots Fruit Diced Peaches Craisins Lunch Entree Grilled Cheese Vegetables Sweet Potato Fries Corn Fruit Diced Peaches	Lunch Entree Papa Johns Cheese Pizza Vegetables Sliced Carrots Broccoli Fruit Red Apple Lunch Entree Papa Johns Cheese Pizza Vegetables Diced Carrots Broccoli Fruit	

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.