

# October 2023

## Houston Gateway Academy Breakfast HGA PreK-12

<b>02</b> <b>Breakfast Entree</b> Apple Cinnamon Cheerios <b>Fruit</b> Diced Peaches Apple Juice	<b>03</b> <b>Breakfast Entree</b> Pancake Sausage Bites w/ Syrup <b>Fruit</b> Pears Apple Juice	<b>04</b> <b>Breakfast Entree</b> Mini Confetti Pancakes <b>Fruit</b> Orange Apple Juice	<b>05</b> <b>Breakfast Entree</b> Honey Chicken Biscuit <b>Fruit</b> Banana Apple Juice	<b>06</b> <b>Breakfast Entree</b> Mini Bagels w/ Strawberry Cream Cheese <b>Fruit</b> Grapes Apple Juice
<b>09</b> <b>Breakfast Entree</b> Frosted Flakes <b>Fruit</b> Diced Peaches Apple Juice	<b>10</b> <b>Breakfast Entree</b> Mini Maple Pancakes <b>Fruit</b> Pears Apple Juice <b>Misc.</b> String Cheese	<b>11</b> <b>Breakfast Entree</b> Turkey Sausage, Egg & Cheese Breakfast Pocket <b>Fruit</b> Orange Apple Juice	<b>12</b> <b>Breakfast Entree</b> Turkey Sausage & Cheese English Muffin <b>Fruit</b> Banana Apple Juice <b>Misc.</b> Wovbutter	<b>13</b> <b>Breakfast Entree</b> Banana Bread <b>Fruit</b> Apple Juice Grapes
<b>16</b> <b>Breakfast Entree</b> Golden Grahams <b>Fruit</b> Diced Peaches Apple Juice	<b>17</b> <b>Breakfast Entree</b> Breakfast Turkey Sausage Pizza <b>Fruit</b> Pears Apple Juice	<b>18</b> <b>Breakfast Entree</b> Mini Cinnamon French Toast <b>Fruit</b> Orange Apple Juice	<b>19</b> <b>Breakfast Entree</b> Strawberry-Filled Pancake Bowl <b>Fruit</b> Banana Apple Juice <b>Misc.</b> Wovbutter	<b>20</b> <b>Breakfast Entree</b> Maple Waffle <b>Fruit</b> Grapes Apple Juice
<b>23</b> <b>Breakfast Entree</b> Cinnamon Toast Crunch <b>Fruit</b> Apple Juice Diced Peaches	<b>24</b> <b>Breakfast Entree</b> Maple Pancake, Chicken Sausage & Cheese Sandwich <b>Fruit</b> Apple Juice Pears	<b>25</b> <b>Breakfast Entree</b> Chicken, Beef & Cheese Kolache <b>Fruit</b> Orange Apple Juice	<b>26</b> <b>Breakfast Entree</b> Turkey Sausage Biscuit Sandwich <b>Fruit</b> Banana Apple Juice <b>Misc.</b> Wovbutter	<b>27</b> <b>Breakfast Entree</b> Yogurt & Granola <b>Fruit</b> Grapes Apple Juice
<b>30</b> <b>Breakfast Entree</b> Frosted Flakes <b>Fruit</b> Diced Peaches Apple Juice	<b>31</b> <b>Breakfast Entree</b> Maple Waffles <b>Fruit</b> Pears Apple Juice			

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.