## **October** 2023

Houston Gateway Academy

Lunch 9-12 HGA

02	02	04	05	
02		04	05	0
Lunch Entree	Lunch Entree	Lunch Entree	Lunch Entree	Lunch Entree
BBQ Chicken Tender Sandwich	Beef Tamales + Queso Dip	"Fried" Chicken Bowl with Mashed Potatoes & Corn	Oven Fried Chicken Drumstick	Turkey & Beef Pepperoni Pizza
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Crinkle Cut Fries	Pinto Beans	Diced Carrots	Breaded Okra	Broccoli
Collard Greens	Green Beans	Fruit	Parmesan Diced Carrots	Ranch Seasoned Diced Carrots
Fruit	Fruit		Green Beans	Fruit
Craisins	Orange	Red Apple Slices	Fruit	Apple Juice
Apple Juice	Apple Juice	Apple Juice	Diced Peaches	Craisins
	Grains	Grains	Apple Juice	
	Tortilla Chips	Dinner Roll		
09	10	11	12	1
Lunch Entree	Lunch Entree	Lunch Entree	Lunch Entree	Lunch Entree
Turkey Hot Dog	NEW!! Korean Chicken Rice Bowl	NEW!! Creamy Rotini & Meatballs		Italian Pull Apart Cheese & Garlic Bread
Vegetables	Vegetables	Vegetables	Breakfast for Lunch: Scrambled Eggs, Turkey Sausage & French Toast Sticks	Vegetables
-	Diced Carrots	5	Vegetables	5
Green Beans		Green Beans	Sweet Potato Hash	Marinara Sauce Dunk Cup
Pinto Beans	Corn	Fruit	Sautéed Peppers & Onions	Collard Greens
Fruit	Fruit	Red Apple Slices		Broccoli
Craisins	Orange	Apple Juice	Salsa	Fruit
Apple Juice	Apple Juice	Grains	Fruit	Cool Tropics Slush
		Garlic Texas Toast	Diced Peaches	Craisins
			Apple Juice	
16	17	18	19	2
Lunch Entree	Lunch Entree	Lunch Entree	Lunch Entree	Lunch Entree
Cheeseburger	Chicken Tenders & Honey Mustard Dip	Teriyaki Glazed Chicken Drumstick	Mini Chicken Corn Dogs	Beef Crumbles Pizza
/egetables	Vegetables	Vegetables	Vegetables	Vegetables
Crinkle Cut Fries	Breaded Okra	Green Beans	Collard Greens	Parmesan Diced Carrots
Corn	Pinto Beans	Green Peas	Diced Carrots	Baby Carrots
Fruit	Fruit	Fruit	Fruit	Fruit
Craisins	Orange	Red Apple Slices	Diced Peaches	Apple Juice
Apple Juice	Apple Juice	Apple Juice	Apple Juice	Craisins
		Grains		Condiments
		Grains Blended Rice		Condiments Ranch Packet
23	24		26	Ranch Packet
23	24 Lunch Entree	Blended Rice	26 Lunch Entree	Ranch Packet
23 Lunch Entree	Lunch Entree	Blended Rice 25	Lunch Entree	Ranch Packet 2 Lunch Entree
23 Lunch Entree Honey Mustard Grilled Chicken Sandwich	Lunch Entree Grilled Cheese	Blended Rice 25 Lunch Entree Beef & Shredded Cheddar Taco	Lunch Entree Chicken Parmesan Penne Pasta	Ranch Packet 2 Lunch Entree Stuffed Turkey Pepperoni Sandwich
23 Lunch Entree Honey Mustard Grilled Chicken Sandwich Vegetables	Lunch Entree Grilled Cheese Vegetables	Blended Rice 25 Lunch Entree Beef & Shredded Cheddar Taco Vegetables	Lunch Entree Chicken Parmesan Penne Pasta Vegetables	Ranch Packet 2 Lunch Entree Stuffed Turkey Pepperoni Sandwich Vegetables
23 Lunch Entree Honey Mustard Grilled Chicken Sandwich Vegetables Wedge Cut Fries	Lunch Entree Grilled Cheese Vegetables Corn	Blended Rice 25 Lunch Entree Beef & Shredded Cheddar Taco Vegetables Pinto Beans	Lunch Entree Chicken Parmesan Penne Pasta Vegetables Green Beans	Ranch Packet Lunch Entree Stuffed Turkey Pepperoni Sandwich Vegetables Brown Sugar Glazed Diced Carrots
23 Lunch Entree Honey Mustard Grilled Chicken Sandwich Vegetables Wedge Cut Fries Broccoli	Lunch Entree Grilled Cheese Vegetables Corn Sugar Snap Peas	Blended Rice 25 Lunch Entree Beef & Shredded Cheddar Taco Vegetables Pinto Beans Sautéed Corn & Peppers	Lunch Entree Chicken Parmesan Penne Pasta Vegetables Green Beans Fruit	Ranch Packet Lunch Entree Stuffed Turkey Pepperoni Sandwich Vegetables Brown Sugar Glazed Diced Carrots Baby Carrots
23 Lunch Entree Honey Mustard Grilled Chicken Sandwich Vegteables Wedge Cut Fries Broccoli Fruit	Lunch Entree Grilled Cheese Vegetables Corn Sugar Snap Peas Fruit	Blended Rice 25 Lunch Entree Beef & Shredded Cheddar Taco Vegetables Pinto Beans Sautéed Corn & Peppers Fruit	Lunch Entree Chicken Parmesan Penne Pasta Vegetables Green Beans Fruit Diced Peaches	Ranch Packet 2 Lunch Entree Stuffed Turkey Pepperoni Sandwich Vegetables Brown Sugar Glazed Diced Carrots Baby Carrots Fruit
23 Lunch Entree Honey Mustard Grilled Chicken Sandwich Vegteables Wedge Cut Fries Broccoli Fruit	Lunch Entree Grilled Cheese Vegetables Corn Sugar Snap Peas	Blended Rice 25 Lunch Entree Beef & Shredded Cheddar Taco Vegetables Pinto Beans Sautéed Corn & Peppers	Lunch Entree Chicken Parmesan Penne Pasta Vegetables Green Beans Fruit Diced Peaches Apple Juice	Ranch Packet Lunch Entree Stuffed Turkey Pepperoni Sandwich Vegetables Brown Sugar Glazed Diced Carrots Baby Carrots
23	Lunch Entree Grilled Cheese Vegetables Corn Sugar Snap Peas Fruit	Blended Rice 25 Lunch Entree Beef & Shredded Cheddar Taco Vegetables Pinto Beans Sautéed Corn & Peppers Fruit	Lunch Entree Chicken Parmesan Penne Pasta Vegetables Green Beans Fruit Diced Peaches	Ranch Packet Lunch Entree Stuffed Turkey Pepperoni Sandwich Vegetables Brown Sugar Glazed Diced Carrots Baby Carrots Fruit
23 Lunch Entree Honey Mustard Grilled Chicken Sandwich Vegetables Wedge Cut Fries Broccoli Fruit Craisins	Lunch Entree Grilled Cheese Vegetables Corn Sugar Snap Peas Fruit Orange	Blended Rice 25 Lunch Entree Beef & Shredded Cheddar Taco Vegetables Pinto Beans Sautéed Corn & Peppers Fruit Red Apple Slices	Lunch Entree Chicken Parmesan Penne Pasta Vegetables Green Beans Fruit Diced Peaches Apple Juice	Ranch Packet Lunch Entree Stuffed Turkey Pepperoni Sandwich Vegetables Brown Sugar Glazed Diced Carrots Baby Carrots Fruit Apple Juice
23 Lunch Entree Honey Mustard Grilled Chicken Sandwich Vegetables Wedge Cut Fries Broccoli Fruit Craisins	Lunch Entree Grilled Cheese Vegetables Corn Sugar Snap Peas Fruit Orange	Blended Rice 25 Lunch Entree Beef & Shredded Cheddar Taco Vegetables Pinto Beans Sautéed Corn & Peppers Fruit Red Apple Slices Apple Juice	Lunch Entree Chicken Parmesan Penne Pasta Vegetables Green Beans Fruit Diced Peaches Apple Juice Grains	Ranch Packet Lunch Entree Stuffed Turkey Pepperoni Sandwich Vegetables Brown Sugar Glazed Diced Carrots Baby Carrots Fruit Apple Juice Craisins
23 Lunch Entree Honey Mustard Grilled Chicken Sandwich Vegetables Wedge Cut Fries Baroccoli Fruit Craisins Apple Juice	Lunch Entree Grilled Cheese Vegetables Corm Sugar Snap Peas Fruit Orange Apple Juice	Blended Rice 25 Lunch Entree Beef & Shredded Cheddar Taco Vegetables Pinto Beans Sautéed Corn & Peppers Fruit Red Apple Slices Apple Juice Grains	Lunch Entree Chicken Parmesan Penne Pasta Vegetables Green Beans Fruit Diced Peaches Apple Juice Grains	Ranch Packet Lunch Entree Stuffed Turkey Pepperoni Sandwich Vegetables Brown Sugar Glazed Diced Carrots Baby Carrots Fruit Apple Juice Craisins Condiments
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23 Lunch Entree Honey Mustard Grilled Chicken Sandwich Vegetables Wedge Cut Fries Broccoli Fruit Craisins Apple Juice 30 Lunch Entree	Lunch Entree Grilled Cheese Vegetables Corm Sugar Snap Peas Fruit Orange Apple Juice 31 Lunch Entree	Blended Rice 25 Lunch Entree Beef & Shredded Cheddar Taco Vegetables Pinto Beans Sautéed Corn & Peppers Fruit Red Apple Slices Apple Juice Grains	Lunch Entree Chicken Parmesan Penne Pasta Vegetables Green Beans Fruit Diced Peaches Apple Juice Grains	Ranch Packet Lunch Entree Stuffed Turkey Pepperoni Sandwich Vegetables Brown Sugar Glazed Diced Carrots Baby Carrots Fruit Apple Juice Craisins Condiments
23 Lunch Entree Honey Mustard Grilled Chicken Sandwich Vegetables Wedge Cut Fries Broccoli Fruit Craisins Apple Juice 30 Lunch Entree Meatball Sub	Lunch Entree Grilled Cheese Vegetables Corn Sugar Snap Peas Fruit Orange Apple Juice Munch Entree Trick or Treat Boneless Wings w/ Spooky Spicy Wing Sauce or Scary Sweet BBQ	Blended Rice 25 Lunch Entree Beef & Shredded Cheddar Taco Vegetables Pinto Beans Sautéed Corn & Peppers Fruit Red Apple Slices Apple Juice Grains	Lunch Entree Chicken Parmesan Penne Pasta Vegetables Green Beans Fruit Diced Peaches Apple Juice Grains	Ranch Packet Lunch Entree Stuffed Turkey Pepperoni Sandwich Vegetables Brown Sugar Glazed Diced Carrots Baby Carrots Fruit Apple Juice Craisins Condiments
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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.