

January 2024

Houston Gateway Academy

Supper 6-18yr

	01	02	03	04
	01	52		Lunch Entree
				Supper Box: Turkey Slices & Cheese Cubes with Crackers
				Vegetables
				Baby Carrots
				Fruit
				Sour Strawberry Raisins
				Condiments
				Ranch Packet
	08	09	10	1'
Lunch Entree		Lunch Entree	Lunch Entree	Lunch Entree
Fritos & Bean Dip			Sunflower Seeds, Yogurt and Cheddar	Diced Grilled Chicken & Dips
		Bagel with Cream Cheese & Wowbutter	Crackers	
Vegetables		Vegetables	Vegetables	Vegetables
Baby Carrots		Baby Carrots	Baby Carrots	Baby Carrots
Fruit		Fruit	Fruit	Fruit
Apple Crisps		Craisins	Red Apple	Sour Strawberry Raisins
Misc.		Misc.	Red Apple Condiments	Condiments
String Cheese		String Cheese		Ranch Packet
Condiments		Condiments	Ranch Packet	
Ranch Packet		Ranch Packet		
	15	16	17	18
		Lunch Entree	Lunch Entree	Lunch Entree
		Peach Smoothie + Cinnamon Toast Crunch	Turkey Ham & Cheese Croissant Sandwich	Beef Jerky, Cheese Cubes & Cheddar
		Cereal Bar	Vegetables	Crackers
		Vegetables	-	Vegetables
		Baby Carrots	Baby Carrots	Baby Carrots
		Misc.	Fruit	Fruit
		String Cheese	Red Apple	Sour Strawberry Raisins
		Condiments	Condiments	Condiments
		Ranch Packet	Ranch Packet	Ranch Packet
		1		
	22	23		2
Lunch Entree	22	23 Lunch Entree	Lunch Entree	2. Lunch Entree
	22			
Fritos & Taco Dip	22	Lunch Entree	Lunch Entree	Lunch Entree
Fritos & Taco Dip Vegetables	22	Lunch Entree Yogurt, Smart Crackers and Cheese Stick	Lunch Entree Turkey & Cheese Squares with WG Cheetos	Lunch Entree Parmesan Garlic Chicken Roll-Up
Fritos & Taco Dip Vegetables Baby Carrots	22	Lunch Entree Yogurt, Smart Crackers and Cheese Stick Vegetables	Lunch Entree Turkey & Cheese Squares with WG Cheetos Vegetables	Lunch Entree Parmesan Garlic Chicken Roll-Up Vegetables
Fritos & Taco Dip Vegetables Baby Carrots Fruit	22	Lunch Entree Yogurt, Smart Crackers and Cheese Stick Vegetables Baby Carrots	Lunch Entree Turkey & Cheese Squares with WG Cheetos Vegetables Baby Carrots Fruit	Lunch Entree Parmesan Garlic Chicken Roll-Up Vegetables Baby Carrots Fruit
Fritos & Taco Dip Vegetables Baby Carrots Fruit Apple Crisps	22	Lunch Entree Yogurt, Smart Crackers and Cheese Stick Vegetables Baby Carrots Fruit	Lunch Entree Turkey & Cheese Squares with WG Cheetos Vegetables Baby Carrots Fruit Red Apple	Lunch Entree Parmesan Garlic Chicken Roll-Up Vegetables Baby Carrots Fruit Sour Strawberry Raisins
Fritos & Taco Dip Vegetables Baby Carrots Fruit Apple Crisps Misc.	22	Lunch Entree Yogurt, Smart Crackers and Cheese Stick Vegetables Baby Carrots Fruit Craisins Condiments	Lunch Entree Turkey & Cheese Squares with WG Cheetos Vegetables Baby Carrots Fruit Red Apple Condiments	Lunch Entree Parmesan Garlic Chicken Roll-Up Vegetables Baby Carrots Fruit Sour Strawberry Raisins Misc.
Lunch Entree Fritos & Taco Dip Vegetables Baby Carrots Fruit Apple Crisps Misc. Ranch	22	Lunch Entree Yogurt, Smart Crackers and Cheese Stick Vegetables Baby Carrots Fruit Craisins	Lunch Entree Turkey & Cheese Squares with WG Cheetos Vegetables Baby Carrots Fruit Red Apple	Lunch Entree Parmesan Garlic Chicken Roll-Up Vegetables Baby Carrots Fruit Sour Strawberry Raisins Misc. String Cheese
Fritos & Taco Dip Vegetables Baby Carrots Fruit Apple Crisps Misc.	22	Lunch Entree Yogurt, Smart Crackers and Cheese Stick Vegetables Baby Carrots Fruit Craisins Condiments	Lunch Entree Turkey & Cheese Squares with WG Cheetos Vegetables Baby Carrots Fruit Red Apple Condiments	Lunch Entree Parmesan Garlic Chicken Roll-Up Vegetables Baby Carrots Fruit Sour Strawberry Raisins Misc.
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Fritos & Taco Dip Vegetables Baby Carrots Fruit Apple Crisps Misc. Ranch Lunch Entree Tortilla Chips & Bean Dip		Lunch Entree Yogurt, Smart Crackers and Cheese Stick Vegetables Baby Carrots Fruit Craisins Condiments Ranch Packet Breakfast Entree Yogurt, Craisins & Granola Parfait	Lunch Entree Turkey & Cheese Squares with WG Cheetos Vegetables Baby Carrots Fruit Red Apple Condiments Ranch Packet Manch Entree Diced Grilled Chicken & Dips	Lunch Entree Parmesan Garlic Chicken Roll-Up Vegetables Baby Carrots Fruit Sour Strawberry Raisins Misc. String Cheese 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.