



October

Houston Gateway Academy

Lunch HS

		Lunch Entree Chicken Alfredo Vegetables Broccoli Sliced Carrots Fruit Red Apple Slices Apple Juice	1 Lunch Entree Oven-fried Chicken Drumstick Vegetables Baked Beans Breaded Okra Fruit Apple Juice Apple Crisps	2 Lunch Entree Beef Crumbles Pizza Vegetables Ranch Seasoned Diced Carrots Green Peas Fruit Diced Peaches Apple Juice	3 Lunch Entree Beef Crumbles Pizza Vegetables Ranch Seasoned Diced Carrots Green Peas Fruit Diced Peaches Apple Juice
Lunch Entree Cheeseburger Vegetables Baby Carrots Dill Pickle Chips Fruit Sour Watermelon Raisins Apple Juice	6 Lunch Entree Chicken Tenders & Ketchup Vegetables Pinto Beans Broccoli Fruit Orange Apple Juice	7 Lunch Entree Beef & Cheese Quesadilla Vegetables Corn Pinto Beans Fruit Red Apple Slices Apple Juice	8 Lunch Entree Cheeseburger Mac Vegetables Green Beans Fruit Apple Juice Apple Crisps	9 Lunch Entree Cheeseburger Mac Vegetables Green Beans Fruit Apple Juice Apple Crisps	10 Lunch Entree Mini Beef Pepperoni Calzones Vegetables Diced Carrots Broccoli Fruit Diced Peaches Apple Juice
Lunch Entree Breaded Chicken Sandwich Vegetables Diced Carrots Green Beans Fruit Sour Mixed Berry Raisins Apple Juice	13 Lunch Entree Breaded Chicken Sandwich Vegetables Diced Carrots Green Beans Fruit Sour Mixed Berry Raisins Apple Juice	14 Lunch Entree Beef & Cheese Walking Taco Vegetables Pinto Beans Broccoli Fruit Orange Apple Juice	15 Lunch Entree Meatballs, beef Vegetables Mashed Potatoes & Gravy Corn Fruit Red Apple Slices Apple Juice	16 Lunch Entree Breakfast for Lunch: Scrambled Eggs & French Toast Sticks Vegetables Diced Potatoes Green Beans Fruit Apple Crisps Apple Juice	17 Lunch Entree Turkey Pepperoni Pizza Rippers Vegetables Brown Sugar Glazed Diced Carrots Broccoli Fruit Apple Juice Diced Peaches
Lunch Entree All Beef Hot Dog Vegetables Wedge Cut Fries Green Beans Fruit Sour Watermelon Raisins Apple Juice	20 Lunch Entree All Beef Hot Dog Vegetables Wedge Cut Fries Green Beans Fruit Sour Watermelon Raisins Apple Juice	21 Lunch Entree Grilled Cheese Vegetables Baked Beans Diced Carrots Fruit Orange Apple Juice	22 Lunch Entree Chicken Parmesan Penne Pasta Vegetables Broccoli Fruit Red Apple Slices Apple Juice	23 Lunch Entree Bean & Cheese Pupusa Vegetables Corn Creamy Cole Slaw Fruit Apple Crisps Apple Juice	24 Lunch Entree Bean & Cheese Pupusa Vegetables Corn Creamy Cole Slaw Fruit Apple Crisps Apple Juice
Lunch Entree Breaded Chicken Sandwich Vegetables Baked Beans Diced Carrots Fruit Craisins Apple Juice	27 Lunch Entree Breaded Chicken Sandwich Vegetables Baked Beans Diced Carrots Fruit Craisins Apple Juice	28 Lunch Entree Loaded Fries with Ground Beef & Queso Vegetables Broccoli Fruit Orange Apple Juice	29 Lunch Entree "Fried" Chicken Bowl with Mashed Potatoes & Corn Fruit Red Apple Slices Apple Juice	30 Lunch Entree Rotini & Meatsauce Vegetables Green Beans Fruit Apple Juice Apple Crisps	31 Lunch Entree Italian Pull Apart Cheese & Garlic Bread Vegetables Diced Carrots Broccoli Fruit Rockin Rio Local Texas Grapefruit Juice Apple Juice