



# October

## Houston Gateway Academy Lunch K8

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