



October

Houston Gateway Academy

Lunch Preschool

		Lunch Entree Chicken Alfredo Vegetables Diced Carrots Fruit Red Apple Slices	1 Lunch Entree BBQ Chicken Slider Vegetables Baked Beans Fruit Apple Juice	2 Lunch Entree Beef Crumbles Pizza Vegetables Diced Carrots Fruit Sliced Peaches	3 Lunch Entree Beef Crumbles Pizza Vegetables Diced Carrots Fruit Sliced Peaches
Lunch Entree Cheeseburger Vegetables Diced Carrots Fruit Applesauce	6 Lunch Entree Chicken Tenders & Ketchup Vegetables Green Beans Fruit Sliced Oranges	7 Lunch Entree Beef & Cheese Quesadilla Vegetables Corn Fruit Red Apple Slices	8 Lunch Entree Cheeseburger Mac Fruit Apple Juice	9 Lunch Entree Mini Beef Pepperoni Calzones Vegetables Diced Carrots Fruit Diced Peaches	10 Lunch Entree Mini Beef Pepperoni Calzones Vegetables Diced Carrots Fruit Diced Peaches
Lunch Entree Breaded Chicken Sandwich Vegetables Green Beans Fruit Diced Peaches	13 Lunch Entree Beef & Cheese Walking Taco Vegetables Pinto Beans Fruit Blueberries	14 Lunch Entree Meatballs, beef Vegetables Mashed Potatoes Fruit Pears Grains Dinner Roll Misc. Brown Gravy 1 ounce	15 Lunch Entree Breakfast for Lunch: Scrambled Eggs & French Toast Sticks Vegetables Diced Potatoes Fruit Apple Juice	16 Lunch Entree Turkey Pepperoni Pizza Rippers Vegetables Diced Carrots Fruit Lone Star Luau Slush	17 Lunch Entree Turkey Pepperoni Pizza Rippers Vegetables Diced Carrots Fruit Lone Star Luau Slush
Lunch Entree Chicken Nuggets Vegetables Green Beans Fruit Applesauce	20 Lunch Entree Grilled Cheese Vegetables Diced Carrots Fruit Sliced Oranges	21 Lunch Entree Chicken Parmesan Penne Pasta Fruit Red Apple Slices	22 Lunch Entree Bean & Cheese Pupusa Vegetables Corn Fruit Pears	23 Lunch Entree Bean & Cheese Pupusa Vegetables Corn Fruit Pears	24 Lunch Entree Bean & Cheese Pupusa Vegetables Corn Fruit Pears
Lunch Entree Breaded Whole Muscle Chicken Sandwich Vegetables Baked Beans Fruit Diced Peaches	27 Lunch Entree Loaded Tot-chos: Tater Tots with Ground Beef & Queso Fruit Sliced Oranges	28 Lunch Entree "Fried" Chicken Bowl with Mashed Potatoes & Corn Fruit Red Apple Slices	29 Lunch Entree Rotini & Meatsauce Fruit Apple Juice	30 Lunch Entree Rotini & Meatsauce Fruit Apple Juice	31 Lunch Entree Italian Pull Apart Cheese & Garlic Bread Vegetables Diced Carrots Fruit Applesauce

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.