



October

Houston Gateway Academy

Breakfast HGA Co-Mingled

			Breakfast Entree Maple Belgian Waffle Cinnamon Toast Crunch Fruit Pears Apple Juice Grains Honey Graham Crackers	1	Breakfast Entree Lucky Charms Cereal Fruit Blueberries Apple Juice	2			
Breakfast Entree Trix Cereal Bar Fruit Applesauce Apple Juice	5	Breakfast Entree Cinnamon Toast Crunch Mini French Toast Golden Grahams Fruit Mixed Fruit Apple Juice Grains Honey Graham Crackers	6	Breakfast Entree Cinnamon Snack'n Waffle Trix Cereal Fruit Banana Apple Juice Grains Honey Graham Crackers	7	Breakfast Entree Turkey Sausage Biscuit Cinnamon Toast Crunch Fruit Pears Apple Juice Grains Honey Graham Crackers	8	Breakfast Entree Banana Muffin Fruit Blueberries Apple Juice	9
Breakfast Entree Apple Cinnamon Nutri-Grain Bar Fruit Applesauce Apple Juice	12	Breakfast Entree Breakfast Turkey Sausage Pizza Golden Grahams Fruit Mixed Fruit Apple Juice Grains Honey Graham Crackers	13	Breakfast Entree Mini Confetti Pancakes Trix Cereal Fruit Banana Apple Juice Grains Honey Graham Crackers	14	Breakfast Entree Maple Pancake, Chicken Sausage & Cheese Sandwich Cinnamon Toast Crunch Fruit Pears Apple Juice Grains Honey Graham Crackers	15	Breakfast Entree Yogurt & Granola Fruit Blueberries Apple Juice	16
Breakfast Entree Cocoa Puffs Cereal Fruit Applesauce Apple Juice	19	Breakfast Entree NEW!! Beef & Chicken Maple Kolache Golden Grahams Fruit Mixed Fruit Apple Juice Grains Honey Graham Crackers	20	Breakfast Entree Blueberry Belgian Waffle Trix Cereal Fruit Banana Apple Juice Grains Honey Graham Crackers	21	Breakfast Entree Honey Chicken Biscuit Cinnamon Toast Crunch Fruit Pears Apple Juice Grains Honey Graham Crackers	22	Breakfast Entree Strawberry Pop Tart Fruit Blueberries Apple Juice	23
Breakfast Entree Trix Cereal Fruit Applesauce Apple Juice	26	Breakfast Entree Turkey Sausage, Egg & Cheese Breakfast Bagel Golden Grahams Fruit Mixed Fruit Apple Juice Grains Honey Graham Crackers	27	Breakfast Entree Mini Confetti Pancakes Trix Cereal Fruit Banana Apple Juice Grains Honey Graham Crackers	28	Breakfast Entree Trix Mini French Toast Cinnamon Toast Crunch Fruit Apple Juice Pears Grains Honey Graham Crackers	29		30

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.