



October

Houston Gateway Academy

Lunch HS

			Lunch Entree Chicken Alfredo Vegetables Brocoli Florets Baby Carrots Fruit Red Apple Slices Apple Juice Grains Dinner Roll	1	Lunch Entree Turkey & Beef Pepperoni Pizza Vegetables Diced Carrots Corn Fruit Diced Peaches Apple Juice	2			
Lunch Entree Meatball Sub Vegetables Diced Potatoes Fruit Craisins Apple Juice	5	Lunch Entree Mini Chicken Corn Dogs Vegetables Broccoli Diced Carrots Fruit Apple Crisps Apple Juice	6	Lunch Entree "Fried" Chicken Bowl with Mashed Potatoes & Corn Fruit Orange Apple Juice Grains Dinner Roll	7	Lunch Entree Beef & Cheese Walking Taco Vegetables Pinto Beans Diced Carrots Fruit Red Apple Slices Apple Juice Grains Honey Graham Crackers	8	Lunch Entree Pizza Crunchers Vegetables Green Beans Corn Fruit Raisins Apple Juice	9
Lunch Entree BBQ Chicken Tender Sandwich Vegetables Green Beans Corn Fruit Raisins Apple Juice	12	Lunch Entree Cheese & Green Chile Tamale Vegetables Pinto Beans Diced Carrots Fruit Apple Juice Apple Crisps	13	Lunch Entree Chicken Smackers with Mac & Cheese Vegetables Wango Mango Juice Box Diced Carrots Fruit Orange Apple Juice Grains Dinner Roll	14	Lunch Entree Breakfast for Lunch: Scrambled Eggs & French Toast Sticks Vegetables Dragon Punch Diced Potatoes Fruit Red Apple Slices Apple Juice Grains Dinner Roll	15	Lunch Entree Mozzarella Stuffed Breadsticks with Marinara Dip Vegetables Spaghetti Sauce Dip Broccoli Fruit Pear Halves Apple Juice	16
Lunch Entree Cheeseburger Vegetables Oven Baked Carrot Fries 3/4 Cup Diced Carrots Fruit Sour Mixed Berry Raisins Apple Juice	19	Lunch Entree Chicken Fajitas Vegetables Pinto Beans Corn Fruit Apple Juice Apple Crisps Grains Honey Graham Crackers	20	Lunch Entree Popcorn Chicken Vegetables Green Beans Smile Shaped Potatoes Fruit Orange Apple Juice Grains Dinner Roll	21	Lunch Entree Spaghetti & Meatballs Vegetables Brocoli Florets Fruit Red Apple Slices Apple Juice	22	Lunch Entree Turkey Pepperoni Pizza Rippers Vegetables Diced Carrots Corn Fruit Raisins Apple Juice	23
Lunch Entree All Beef Hot Dog Vegetables Tater Tots Fruit Craisins Apple Juice	26	Lunch Entree Grilled Cheese Vegetables Baked Beans Broccoli Fruit Apple Juice Apple Crisps	27	Lunch Entree Loaded Fries with Ground Beef & Queso Vegetables Pinto Beans Fruit Apple Juice Orange Grains Honey Graham Crackers Giant Vanilla Goldfish	28	Lunch Entree Chicken Smackers & Ketchup Vegetables Diced Carrots Fruit Sliced Apples Apple Juice Grains Broccoli Cheese Rice Dinner Roll	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.