

October

Houston Gateway Academy

Lunch K8

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