

October

Houston Gateway Academy

Lunch Preschool HGA

			Lunch Entree Chicken Alfredo Vegetables Broccoli Fruit Diced Peaches	1 Lunch Entree Turkey & Beef Pepperoni Pizza Vegetables Diced Carrots Fruit Applesauce	2				
Lunch Entree Meatball Sub Fruit Pineapple Tidbits	5	Lunch Entree Mini Chicken Corn Dogs Vegetables Diced Carrots Fruit Pears	6	Lunch Entree "Fried" Chicken Bowl with Mashed Potatoes Fruit Blueberries	7	Lunch Entree Beef & Cheese Walking Taco Vegetables Pinto Beans Fruit Diced Peaches	8	Lunch Entree Pizza Crunchers Vegetables Green Beans Fruit Applesauce	9
Lunch Entree BBQ Chicken Tender Sandwich Vegetables Corn Fruit Pineapple Tidbits	12	Lunch Entree Cheese & Green Chile Tamale Vegetables Pinto Beans Fruit Pears	13	Lunch Entree Chicken Smackers with Mac & Cheese Vegetables Diced Carrots Fruit Blueberries	14	Lunch Entree Breakfast for Lunch: Scrambled Eggs & French Toast Sticks Vegetables Seasoned Potatoes Fruit Diced Peaches	15	Lunch Entree Mozzarella Stuffed Breadsticks with Marinara Dip Vegetables Spaghetti Sauce Dip Fruit Applesauce	16
Lunch Entree Cheeseburger Vegetables Diced Carrots Fruit Pineapple Tidbits	19	Lunch Entree Grilled Chicken & Cheese Taco Vegetables Pinto Beans Fruit Pears	20	Lunch Entree Popcorn Chicken Vegetables Smile Shaped Potatoes Fruit Blueberries	21	Lunch Entree Spaghetti & Meatballs Fruit Diced Peaches	22	Lunch Entree Turkey Pepperoni Pizza Rippers Vegetables Diced Carrots Fruit Applesauce	23
Lunch Entree All Beef Hot Dog Vegetables Tater Tots Fruit Pineapple Tidbits	26	Lunch Entree Grilled Cheese Vegetables Baked Beans Fruit Pears	27	Lunch Entree Loaded Tot-chos: Tater Tots with Ground Beef & Queso Fruit Blueberries	28	Lunch Entree Chicken Smackers & Ketchup Vegetables Diced Carrots Fruit Diced Peaches	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.