



September 2023

Houston Gateway Academy Lunch 9-12 HGA

					01
				Lunch Entree Honey Mustard Grilled Chicken Sandwich Vegetables Spinach Leaves Wedge Cut Fries Fruit Diced Peaches Grape Juice	
04	Lunch Entree Chicken Nuggets & BBQ Sauce Vegetables Pinto Beans Corn Fruit Red Apple Slices Apple Juice Grains Dinner Roll	05	Lunch Entree Hot Turkey & Cheese Sandwich Vegetables Green Beans Broccoli Florets Fruit Orange Apple Juice	06	Lunch Entree Korean BBQ Chicken Drumstick Vegetables Collard Greens Cheesy Corn Casserole Fruit Orange Apple Juice Grains Blended Rice
				Lunch Entree Turkey & Beef Pepperoni Pizza Vegetables Cucumber Slices Ranch Seasoned Diced Carrots Fruit Craisins Apple Juice	08
11	Lunch Entree Fiesta Burger Vegetables Green Beans Wedge Cut Fries Fruit Diced Peaches Grape Juice	12	Lunch Entree Chopped BBQ Brisket Sandwich + String Cheese Vegetables Collard Greens Pinto Beans Fruit Orange Grape Juice	13	Lunch Entree Boneless Wings with BBQ Sauce Vegetables Baby Carrots Green Beans Fruit Red Apple Slices Grape Juice Grains Dinner Roll Misc. Ranch Packet
				Lunch Entree Loaded Tot-chos: Tater Tots with Ground Beef & Queso Vegetables Salsa Fruit Orange Grape Juice Grains Baked Tortilla Chips	15
				Lunch Entree Beef Crumbles Pizza Vegetables Broccoli Brown Sugar Glazed Diced Carrots Fruit Craisins Grape Juice	
18	Lunch Entree Chili Cheese Turkey Hot Dog Vegetables Diced Yellow Onions Crinkle Cut Fries Fruit Diced Peaches Apple Juice	19	Lunch Entree Chicken Tenders & Honey Mustard Dip Vegetables Green Beans Sautéed Corn & Peppers Fruit Orange Apple Juice Grains Dinner Roll	20	Lunch Entree BBQ Chicken Drumstick Vegetables Breaded Okra Pinto Beans Fruit Red Apple Slices Grape Juice Grains Dinner Roll
				Lunch Entree Breaded Chicken Parmesan Sandwich Vegetables Diced Carrots Fruit Orange Apple Juice	22
				Lunch Entree Italian Pull Apart Cheese & Garlic Bread Vegetables Broccoli Parmesan Diced Carrots Fruit Craisins Apple Juice	
25	Lunch Entree Honey BBQ Chicken Sandwich Vegetables Wedge Cut Fries Spinach Leaves Diced Tomato Fruit Diced Peaches Grape Juice	26	Lunch Entree Chicken Fajita Walking Taco Vegetables Corn Pinto Beans Fruit Orange Grape Juice	27	Lunch Entree Spaghetti & Meatballs Vegetables Green Beans Fruit Red Apple Slices Grape Juice Grains Garlic Texas Toast
				Lunch Entree Grilled Chicken + Mac & Cheese Vegetables Sautéed Corn & Peppers Sugar Snap Peas Fruit Orange Apple Juice Grains Dinner Roll	29
				Lunch Entree Deep Dish Cheese Pizza Vegetables Collard Greens Brown Sugar Glazed Diced Carrots Fruit Craisins Grape Juice	

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.