

# October 2023

## Houston Gateway Academy Lunch Preschool HGA

<b>02</b> <b>Lunch Entree</b> Chicken Tenders & Ketchup <b>Vegetables</b> Crinkle Cut Fries <b>Fruit</b> Pears	<b>03</b> <b>Lunch Entree</b> Beef Tamales + Queso Dip <b>Vegetables</b> Pinto Beans <b>Fruit</b> Sliced Oranges	<b>04</b> <b>Lunch Entree</b> "Fried" Chicken Bowl with Mashed Potatoes & Corn <b>Fruit</b> Red Apple Slices	<b>05</b> <b>Lunch Entree</b> Grilled Cheese <b>Vegetables</b> Breaded Okra <b>Fruit</b> Diced Peaches	<b>06</b> <b>Lunch Entree</b> Turkey Pepperoni Pizza <b>Vegetables</b> Diced Carrots <b>Fruit</b> Red Apple Slices
<b>09</b> <b>Lunch Entree</b> Breaded Chicken Sandwich <b>Vegetables</b> Pinto Beans <b>Fruit</b> Pears	<b>10</b> <b>Lunch Entree</b> NEW!! Korean Chicken Rice Bowl <b>Vegetables</b> Diced Carrots <b>Fruit</b> Sliced Oranges	<b>11</b> <b>Lunch Entree</b> NEW!! Creamy Rotini & Meatballs <b>Vegetables</b> Green Beans <b>Fruit</b> Red Apple Slices	<b>12</b> <b>Lunch Entree</b> Breakfast for Lunch: Scrambled Eggs & French Toast Sticks <b>Vegetables</b> Sweet Potato Hash <b>Fruit</b> Diced Peaches	<b>13</b> <b>Lunch Entree</b> Italian Pull Apart Cheese & Garlic Bread <b>Vegetables</b> Marinara Sauce Dunk Cup <b>Fruit</b> Red Apple Slices
<b>16</b> <b>Lunch Entree</b> Cheeseburger <b>Vegetables</b> Crinkle Cut Fries <b>Fruit</b> Pears	<b>17</b> <b>Lunch Entree</b> Chicken Tenders & Honey Mustard Dip <b>Vegetables</b> Pinto Beans <b>Fruit</b> Sliced Oranges	<b>18</b> <b>Lunch Entree</b> Teriyaki Chicken <b>Vegetables</b> Green Beans <b>Fruit</b> Red Apple Slices	<b>19</b> <b>Lunch Entree</b> Ranch Chicken Slider <b>Vegetables</b> Diced Carrots <b>Fruit</b> Diced Peaches	<b>20</b> <b>Lunch Entree</b> Beef Crumbles Pizza <b>Vegetables</b> Broccoli <b>Fruit</b> Red Apple Slices
<b>23</b> <b>Lunch Entree</b> Honey Mustard Chicken Slider <b>Vegetables</b> Wedge Cut Fries <b>Fruit</b> Pears	<b>24</b> <b>Lunch Entree</b> Grilled Cheese <b>Vegetables</b> Creamed Corn <b>Fruit</b> Sliced Oranges	<b>25</b> <b>Lunch Entree</b> Beef & Shredded Cheddar Taco <b>Vegetables</b> Pinto Beans <b>Fruit</b> Red Apple Slices	<b>26</b> <b>Lunch Entree</b> Chicken Parmesan Penne Pasta <b>Fruit</b> Diced Peaches	<b>27</b> <b>Lunch Entree</b> Stuffed Turkey Pepperoni Sandwich <b>Vegetables</b> Diced Carrots <b>Fruit</b> Red Apple Slices
<b>30</b> <b>Lunch Entree</b> Meatball Sub <b>Fruit</b> Pears	<b>31</b> <b>Lunch Entree</b> Trick or Treat Boneless Wings w/ Spooky Spicy Wing Sauce or Scary Sweet BBQ Sauce <b>Vegetables</b> Green Beans <b>Fruit</b> Sliced Oranges			

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.