




# November 2023

## Houston Gateway Academy Lunch K-8 HGA

		<b>Lunch Entree</b> Ground Beef & Cheese Walking Taco <b>Vegetables</b> Pinto Beans Broccoli <b>Fruit</b> Applesauce	<b>01</b> <b>Lunch Entree</b> Korean BBQ Chicken Drumstick <b>Vegetables</b> Sautéed Corn & Peppers Sautéed Spinach <b>Fruit</b> Diced Peaches <b>Grains</b> Blended Rice	<b>02</b> <b>Lunch Entree</b> Turkey & Beef Pepperoni Pizza <b>Vegetables</b> Ranch Seasoned Diced Carrots Cucumber Slices <b>Fruit</b> Apple Juice	<b>03</b>
<b>06</b> <b>Lunch Entree</b> Fiesta Burger <b>Vegetables</b> Tater Tots <b>Fruit</b> Craisins	<b>07</b> <b>Lunch Entree</b> NEW!!! Beef & Broccoli over Rice <b>Vegetables</b> Broccoli Corn <b>Fruit</b> Orange	<b>08</b> <b>Lunch Entree</b> Spaghetti & Meatballs <b>Vegetables</b> Baby Carrots Green Beans <b>Fruit</b> Applesauce	<b>09</b> <b>Lunch Entree</b> Beef & Bean Red Chili Burrito <b>Vegetables</b> Pinto Beans Corn <b>Fruit</b> Diced Peaches	<b>10</b> <b>Lunch Entree</b> Beef Crumbles Pizza <b>Vegetables</b> Brown Sugar Glazed Diced Carrots Sautéed Spinach <b>Fruit</b> Apple Juice	
<b>13</b> <b>Lunch Entree</b> Turkey Hot Dog <b>Vegetables</b> Crinkle Cut Fries <b>Fruit</b> Craisins	<b>14</b> <b>Lunch Entree</b> Chicken Tenders & Honey Mustard Dip <b>Vegetables</b> Sweet Potato Fries Broccoli & Cheese <b>Fruit</b> Orange	<b>15</b> <b>Lunch Entree</b> Grilled Cheese <b>Vegetables</b> Pinto Beans Sugar Snap Peas <b>Fruit</b> Applesauce	<b>16</b> <b>Lunch Entree</b> Roast Turkey & Gravy <b>Vegetables</b> Mashed Potatoes Green Beans <b>Fruit</b> Rockin Rio Local Texas Grapefruit Juice <b>Grains</b> Dinner Roll Cornbread Stuffing		<b>17</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	
<b>27</b> <b>Lunch Entree</b> BBQ Chicken Tender Sandwich <b>Vegetables</b> Crinkle Cut Fries <b>Fruit</b> Craisins	<b>28</b> <b>Lunch Entree</b> Beef Tamales + Queso Dip <b>Vegetables</b> Pinto Beans Green Beans <b>Fruit</b> Orange	<b>29</b> <b>Lunch Entree</b> "Fried" Chicken Bowl with Mashed Potatoes & Corn <b>Fruit</b> Applesauce	<b>30</b> <b>Lunch Entree</b> Oven Fried Chicken Drumstick <b>Vegetables</b> Parmesan Diced Carrots Breaded Okra <b>Fruit</b> Diced Peaches		

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.