

# October 2023

## Houston Gateway Academy Lunch K-8 HGA

<p><b>02</b></p> <p><b>Lunch Entree</b> BBQ Chicken Tender Sandwich</p> <p><b>Vegetables</b> Crinkle Cut Fries Collard Greens</p> <p><b>Fruit</b> Craisins</p>	<p><b>03</b></p> <p><b>Lunch Entree</b> Beef Tamales + Queso Dip</p> <p><b>Vegetables</b> Pinto Beans Green Beans</p> <p><b>Fruit</b> Orange</p>	<p><b>04</b></p> <p><b>Lunch Entree</b> "Fried" Chicken Bowl with Mashed Potatoes &amp; Corn</p> <p><b>Fruit</b> Red Apple Slices</p>	<p><b>05</b></p> <p><b>Lunch Entree</b> Oven Fried Chicken Drumstick</p> <p><b>Vegetables</b> Breaded Okra Parmesan Diced Carrots</p> <p><b>Fruit</b> Diced Peaches</p>	<p><b>06</b></p> <p><b>Lunch Entree</b> Turkey Pepperoni Pizza</p> <p><b>Vegetables</b> Diced Carrots Broccoli</p> <p><b>Fruit</b> Apple Juice</p>
<p><b>09</b></p> <p><b>Lunch Entree</b> Turkey Hot Dog</p> <p><b>Vegetables</b> Green Beans Pinto Beans</p> <p><b>Fruit</b> Craisins</p>	<p><b>10</b></p> <p><b>Lunch Entree</b> NEW!! Korean Chicken Rice Bowl</p> <p><b>Vegetables</b> Corn Diced Carrots</p> <p><b>Fruit</b> Orange</p>	<p><b>11</b></p> <p><b>Lunch Entree</b> NEW!! Creamy Rotini &amp; Meatballs</p> <p><b>Vegetables</b> Green Beans</p> <p><b>Fruit</b> Red Apple Slices</p>	<p><b>12</b></p> <p><b>Lunch Entree</b> Breakfast for Lunch: Scrambled Eggs, Turkey Sausage &amp; French Toast Sticks</p> <p><b>Vegetables</b> Sweet Potato Hash Sautéed Peppers &amp; Onions</p> <p><b>Fruit</b> Diced Peaches</p>	<p><b>13</b></p> <p><b>Lunch Entree</b> Italian Pull Apart Cheese &amp; Garlic Bread</p> <p><b>Vegetables</b> Marinara Sauce Dunk Cup Collard Greens</p> <p><b>Fruit</b> Cool Tropics Slush</p>
<p><b>16</b></p> <p><b>Lunch Entree</b> Cheeseburger</p> <p><b>Vegetables</b> Crinkle Cut Fries</p> <p><b>Fruit</b> Craisins</p>	<p><b>17</b></p> <p><b>Lunch Entree</b> Chicken Tenders &amp; Honey Mustard Dip</p> <p><b>Vegetables</b> Breaded Okra Pinto Beans</p> <p><b>Fruit</b> Orange</p>	<p><b>18</b></p> <p><b>Lunch Entree</b> Teriyaki Glazed Chicken Drumstick</p> <p><b>Vegetables</b> Green Beans Green Peas</p> <p><b>Fruit</b> Red Apple Slices</p> <p><b>Grains</b> Blended Rice</p>	<p><b>19</b></p> <p><b>Lunch Entree</b> Mini Chicken Corn Dogs</p> <p><b>Vegetables</b> Collard Greens Diced Carrots</p> <p><b>Fruit</b> Diced Peaches</p>	<p><b>20</b></p> <p><b>Lunch Entree</b> Beef Crumbles Pizza</p> <p><b>Vegetables</b> Diced Carrots Broccoli</p> <p><b>Fruit</b> Apple Juice</p>
<p><b>23</b></p> <p><b>Lunch Entree</b> Honey Mustard Grilled Chicken Sandwich</p> <p><b>Vegetables</b> Wedge Cut Fries Broccoli</p> <p><b>Fruit</b> Craisins</p>	<p><b>24</b></p> <p><b>Lunch Entree</b> Grilled Cheese</p> <p><b>Vegetables</b> Corn Sugar Snap Peas</p> <p><b>Fruit</b> Orange</p>	<p><b>25</b></p> <p><b>Lunch Entree</b> Beef &amp; Shredded Cheddar Taco</p> <p><b>Vegetables</b> Pinto Beans Corn</p> <p><b>Fruit</b> Red Apple Slices</p>	<p><b>26</b></p> <p><b>Lunch Entree</b> Chicken Parmesan Penne Pasta</p> <p><b>Vegetables</b> Green Beans</p> <p><b>Fruit</b> Diced Peaches</p>	<p><b>27</b></p> <p><b>Lunch Entree</b> Stuffed Turkey Pepperoni Sandwich</p> <p><b>Vegetables</b> Diced Carrots Broccoli</p> <p><b>Fruit</b> Apple Juice</p>
<p><b>30</b></p> <p><b>Lunch Entree</b> Meatball Sub</p> <p><b>Vegetables</b> Crinkle Cut Fries</p> <p><b>Fruit</b> Craisins</p>	<p><b>31</b></p> <p><b>Lunch Entree</b> Trick or Treat Boneless Wings w/ Spooky Spicy Wing Sauce or Scary Sweet BBQ Sauce</p> <p><b>Vegetables</b> Green Beans Baby Carrots</p> <p><b>Fruit</b> Orange</p> <p><b>Condiments</b> Ranch Packet</p>			

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.