

October 2023

Houston Gateway Academy Supper 6-18yr

<p>02</p> <p>Lunch Entree Wowbutter & Jelly Sandwich</p> <p>Vegetables Baby Carrots</p> <p>Fruit Apple Crisps</p> <p>Misc. String Cheese</p>	<p>03</p> <p>Lunch Entree Peach Smoothie + Cinnamon Toast Crunch Cereal Bar</p> <p>Vegetables Baby Carrots</p> <p>Misc. String Cheese</p>	<p>04</p> <p>Lunch Entree Turkey & Cheese Sandwich</p> <p>Vegetables Baby Carrots</p> <p>Fruit Red Apple</p>	<p>05</p> <p>Lunch Entree Parmesan Garlic Chicken Roll-up</p> <p>Vegetables Baby Carrots</p> <p>Fruit Sour Strawberry Raisins</p>
<p>09</p> <p>Lunch Entree Cheddar Cheese Nachos</p> <p>Vegetables Baby Carrots</p> <p>Fruit Apple Crisps</p> <p>Misc. String Cheese Ranch</p>	<p>10</p> <p>Lunch Entree Supper Box: Yogurt, Smart Crackers and Cheese Stick</p> <p>Vegetables Baby Carrots</p> <p>Fruit Craisins</p>	<p>11</p> <p>Lunch Entree Turkey & Cheese Sandwich</p> <p>Vegetables Baby Carrots</p> <p>Fruit Red Apple</p>	<p>12</p> <p>Lunch Entree BBQ Chicken Slider</p> <p>Vegetables Baby Carrots</p> <p>Fruit Raisins</p>
<p>16</p> <p>Lunch Entree Fritos & Bean Dip</p> <p>Vegetables Baby Carrots</p> <p>Fruit Apple Crisps</p> <p>Misc. String Cheese</p>	<p>17</p> <p>Lunch Entree Wowbutter & Jelly Sandwich</p> <p>Vegetables Baby Carrots</p> <p>Fruit Craisins</p> <p>Misc. String Cheese</p>	<p>18</p> <p>Lunch Entree Ranch Chicken Slider</p> <p>Vegetables Baby Carrots</p> <p>Fruit Red Apple</p>	<p>19</p> <p>Lunch Entree Turkey Ham & Cheese on Hawaiian Bun</p> <p>Vegetables Baby Carrots</p> <p>Fruit Sour Strawberry Raisins</p> <p>Misc. String Cheese</p>
<p>23</p> <p>Lunch Entree Turkey Ham & Cheese Croissant Sandwich</p> <p>Vegetables Baby Carrots</p> <p>Fruit Apple Crisps</p>	<p>24</p> <p>Vegetables Baby Carrots</p> <p>Misc. String Cheese</p>	<p>25</p> <p>Lunch Entree Parmesan Garlic Chicken Bites + Dinner Roll</p> <p>Vegetables Baby Carrots</p> <p>Fruit Red Apple</p>	<p>26</p> <p>Lunch Entree Supper Box: Turkey Squares & Cheese Cubes with Crackers</p> <p>Vegetables Baby Carrots</p> <p>Fruit Raisins</p>
<p>30</p> <p>Lunch Entree Fritos & Taco Dip</p> <p>Vegetables Baby Carrots</p> <p>Fruit Apple Crisps</p> <p>Misc. String Cheese</p>	<p>31</p> <p>Lunch Entree Bagel with Cream Cheese & Wowbutter</p> <p>Vegetables Baby Carrots</p> <p>Fruit Craisins</p> <p>Misc. String Cheese</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.