



October 2024

Houston Gateway Academy Lunch K8

	01 Lunch Entree Cheeseburger Vegetables Pinto Beans Broccoli Fruit Orange	02 Lunch Entree Rotini & Meatballs Vegetables Green Beans Fruit Red Apple Slices	03 Lunch Entree "Fried" Chicken Bowl with Mashed Potatoes & Corn Fruit Apple Juice	04 Lunch Entree Italian Pull Apart Cheese & Garlic Bread Vegetables Baby Carrots Broccoli Florets Fruit Sliced Peaches
07 Lunch Entree Breaded Whole Muscle Chicken Sandwich Vegetables Broccoli Green Beans Fruit Craisins	08 Lunch Entree Beef & Cheese Walking Taco Vegetables Pinto Beans Diced Carrots Fruit Orange	09 Lunch Entree Savory Beef Meatloaf Vegetables Mashed Potatoes Green Beans Fruit Red Apple Slices Grains Dinner Roll	10 Lunch Entree Breakfast for Lunch: Scrambled Eggs & Mini Pancakes Vegetables Dragon Punch Tater Tots Fruit Apple Crisps	11
14 Lunch Entree All Beef Hot Dog Vegetables Diced Potatoes Carrots Fruit Raisins	15 Lunch Entree NEW!! Chicken & Waffle Crisps Vegetables Corn Collard Greens Fruit Orange	16 Lunch Entree NEW!! Beef & Cheese Quesadilla Vegetables Pinto Beans Corn Fruit Red Apple Slices	17 Lunch Entree NEW!! Bowtie Pasta & Meatballs Vegetables Vegetable Blend Sugar Snap Peas Fruit Apple Juice	18 Lunch Entree Turkey & Beef Pepperoni Pizza Vegetables Diced Carrots Broccoli Florets Fruit Sliced Peaches
21 Lunch Entree Cheeseburger Vegetables Diced Potatoes Green Beans Fruit Craisins	22 Lunch Entree Turkey Carnitas Taco Vegetables Pinto Beans Corn Fruit Orange	23 Lunch Entree NEW!! Vegetable Dumplings with Rice Vegetables Diced Carrots Broccoli Fruit Red Apple Slices	24 Lunch Entree Chicken Tenders & Honey Mustard Dip Vegetables Breaded Okra Green Beans Fruit Apple Juice	25 Lunch Entree Mozzarella Stuffed Breadsticks with Marinara Dip Vegetables Baby Carrots Broccoli Florets Fruit Sliced Peaches
28 Lunch Entree Breaded Whole Muscle Chicken Sandwich Vegetables Baked Beans Green Peas Fruit Sour Watermelon Raisins	29 Lunch Entree Crispy Orange Chicken with Rice Vegetables Diced Carrots Fruit Orange Grains Vegetable Egg Roll	30 Lunch Entree Cheeseburger Mac Vegetables Broccoli Fruit Red Apple Slices	31 Lunch Entree Trick or Treat Boneless Wings with Spooky Spicy Buffalo or Sweet BBQ Sauce Vegetables NEW!! Onion Rings Corn Fruit Apple 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.