



# October 2024

## Houston Gateway Academy Lunch Preschool - HGA

	<b>Lunch Entree</b> Cheeseburger <b>Vegetables</b> Pinto Beans <b>Fruit</b> Sliced Oranges	<b>Lunch Entree</b> Rotini & Meatballs <b>Fruit</b> Red Apple Slices	<b>Lunch Entree</b> "Fried" Chicken Bowl with Mashed Potatoes <b>Fruit</b> Apple Juice	<b>Lunch Entree</b> Italian Pull Apart Cheese & Garlic Bread <b>Vegetables</b> Diced Carrots <b>Fruit</b> Diced Peaches
<b>Lunch Entree</b> Breaded Whole Muscle Chicken Sandwich <b>Vegetables</b> Green Beans <b>Fruit</b> Applesauce	<b>Lunch Entree</b> Beef & Cheese Walking Taco <b>Vegetables</b> Pinto Beans <b>Fruit</b> Sliced Oranges	<b>Lunch Entree</b> Savory Beef Meatloaf <b>Vegetables</b> Mashed Potatoes <b>Fruit</b> Red Apple Slices <b>Grains</b> Dinner Roll	<b>Lunch Entree</b> Breakfast for Lunch: Scrambled Eggs & Mini Pancakes <b>Vegetables</b> Tater Tots <b>Fruit</b> Apple Crisps	
<b>Lunch Entree</b> Grilled Cheese <b>Vegetables</b> Diced Potatoes <b>Fruit</b> Applesauce	<b>Lunch Entree</b> NEW!! Chicken & Waffle Crisps <b>Vegetables</b> Creamed Corn <b>Fruit</b> Sliced Oranges	<b>Lunch Entree</b> NEW!! Beef & Cheese Quesadilla <b>Vegetables</b> Pinto Beans <b>Fruit</b> Red Apple Slices	<b>Lunch Entree</b> NEW!! Bowtie Pasta & Meatballs <b>Vegetables</b> Vegetable Blend <b>Fruit</b> Apple Juice	<b>Lunch Entree</b> Turkey & Beef Pepperoni Pizza <b>Vegetables</b> Diced Carrots <b>Fruit</b> Diced Peaches
<b>Lunch Entree</b> Cheeseburger <b>Vegetables</b> Diced Potatoes <b>Fruit</b> Applesauce	<b>Lunch Entree</b> Turkey Carnitas Taco <b>Vegetables</b> Creamed Corn <b>Fruit</b> Sliced Oranges	<b>Lunch Entree</b> NEW!! Vegetable Dumplings with Rice <b>Vegetables</b> Broccoli <b>Fruit</b> Red Apple Slices	<b>Lunch Entree</b> Chicken Tenders & Honey Mustard Dip <b>Vegetables</b> Breaded Okra <b>Fruit</b> Apple Juice	<b>Lunch Entree</b> Mozzarella Stuffed Breadsticks with Marinara Dip <b>Vegetables</b> Diced Carrots <b>Fruit</b> Diced Peaches
<b>Lunch Entree</b> Breaded Whole Muscle Chicken Sandwich <b>Vegetables</b> Baked Beans <b>Fruit</b> Applesauce	<b>Lunch Entree</b> Crispy Orange Chicken with Rice <b>Vegetables</b> Diced Carrots <b>Fruit</b> Sliced Oranges	<b>Lunch Entree</b> Cheeseburger Mac <b>Fruit</b> Red Apple Slices	<b>Lunch Entree</b> Trick or Treat Boneless Wings with Spooky Spicy Buffalo or Sweet BBQ Sauce <b>Vegetables</b> NEW!! Onion Rings <b>Fruit</b> 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.