



September 2024

Houston Gateway Academy Lunch HS

<p>02</p> <p>Lunch Entree Chicken Smackers & Ketchup</p> <p>Vegetables Corn Diced Carrots</p> <p>Fruit Orange Apple Juice</p> <p>Grains Dinner Roll</p>	<p>03</p> <p>Lunch Entree Chicken Fajita Walking Taco</p> <p>Vegetables Pinto Beans Green Beans Diced Tomato</p> <p>Fruit Red Apple Slices Apple Juice</p>	<p>04</p> <p>Lunch Entree Savory Beef Meatloaf</p> <p>Vegetables Green Beans Mashed Potatoes</p> <p>Fruit Apple Crisps Apple Juice</p> <p>Grains Dinner Roll</p>	<p>05</p> <p>Lunch Entree Turkey & Beef Pepperoni Pizza</p> <p>Vegetables Parmesan Diced Carrots Broccoli Florets</p> <p>Fruit Sliced Peaches Apple Juice</p>	<p>06</p>
<p>09</p> <p>Lunch Entree NEW!! Bird Dog: Chicken Tender Sandwich</p> <p>Vegetables Green Beans Corn</p> <p>Fruit Cherry Craisins Apple Juice</p>	<p>10</p> <p>Lunch Entree Ground Beef & Cheese Taco</p> <p>Vegetables Pinto Beans Shredded Iceberg Lettuce, 1/2 cup Diced Tomato</p> <p>Fruit Orange Apple Juice</p> <p>Grains Mexican Rice</p>	<p>11</p> <p>Lunch Entree Chicken Smackers with Mac & Cheese</p> <p>Vegetables Diced Carrots Broccoli</p> <p>Fruit Red Apple Slices Apple Juice</p>	<p>12</p> <p>Lunch Entree Breakfast for Lunch: Scrambled Eggs & French Toast Sticks</p> <p>Vegetables Tater Tots Dragon Punch</p> <p>Fruit Apple Crisps Apple Juice</p>	<p>13</p> <p>Lunch Entree Cheese Pizza</p> <p>Vegetables Ranch Seasoned Diced Carrots Broccoli</p> <p>Fruit Sliced Peaches Apple Juice</p>
<p>16</p> <p>Lunch Entree Breaded Whole Muscle Chicken Sandwich</p> <p>Vegetables NEW!! Waffle Fries Dill Pickle Chips Diced Carrots</p> <p>Fruit Sour Watermelon Raisins Apple Juice</p>	<p>17</p> <p>Lunch Entree Cheeseburger Mac</p> <p>Vegetables Broccoli</p> <p>Fruit Orange Apple Juice</p> <p>Grains Dinner Roll</p>	<p>18</p> <p>Lunch Entree Beef Tamales</p> <p>Vegetables Pinto Beans Diced Carrots</p> <p>Fruit Red Apple Slices Apple Juice</p> <p>Grains Baked Tortilla Chips</p>	<p>19</p> <p>Lunch Entree Crispy Orange Chicken with Rice</p> <p>Vegetables Diced Carrots</p> <p>Fruit Apple Crisps Apple Juice</p> <p>Grains Vegetable Egg Roll</p>	<p>20</p> <p>Lunch Entree Pizza Crunchers</p> <p>Vegetables Ranch Seasoned Diced Carrots Sauteed Zucchini</p> <p>Fruit Sliced Peaches Apple Juice</p>
<p>23</p> <p>Lunch Entree Chicken Tenders & Ketchup</p> <p>Vegetables Diced Potatoes Broccoli</p> <p>Fruit Raisins Apple Juice</p> <p>Grains Dinner Roll</p>	<p>24</p> <p>Lunch Entree Chicken Parmesan Penne Pasta</p> <p>Vegetables Vegetable Blend</p> <p>Fruit Orange Apple Juice</p> <p>Grains Dinner Roll</p>	<p>25</p> <p>Lunch Entree Turkey Hot Dog</p> <p>Vegetables Pinto Beans Diced Carrots</p> <p>Fruit Red Apple Slices Apple Juice</p>	<p>26</p> <p>Lunch Entree Loaded Tot-chos: Tater Tots with Ground Beef & Queso</p> <p>Fruit Apple Crisps Apple Juice</p> <p>Grains Honey Graham Crackers</p>	<p>27</p>
<p>30</p> <p>Lunch Entree Mini Chicken Corn Dogs</p> <p>Vegetables Wedge Cut Fries Green Beans</p> <p>Fruit Cherry Craisins Apple Juice</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.