

October 2025

Hines Middle School Menu

BREAKFAST - \$0.00 (Before morning bell)

Lunch – \$0.00 SY25-2026 & 0¢-reduced Extra Milk – **45¢** Juice is **.45¢**

Lunch includes: Entrée with Salad bar options, fruit, vegetable, breads grains, Oregon Milk (Nonfat - 1%)

Grab N' Go options offered daily. Menu is subject to change. Some items may contain nuts.

Students with a food allergy such as fluid milk intolerance, must be documented by a licensed doctor and a faxed or written copy sent to the kitchen & office when a student is needing a substitution and or participating in the breakfast or lunch programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 Breakfast Chocolate Oat Bar w/ Strawberries Cereal, Grains, Fruits & Milk Lunch Burrito w/ Seasoned Rice <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	2 Breakfast Fruit Smoothie w/ Warm Biscuit, Applesauce Cereal, Grain, Fruits & Milk Lunch Fried Chicken w/ Cole Slaw <i>Salads & Sands Daily</i> Fruit, Veggie, Milk
6 Breakfast Hot Sausage E-Muffin Cereal, Grain, Fruits & Milk Lunch Chicken Nuggets Fries <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	7 Breakfast Bagel w/ Lt. Cream cheese Grapes Cereal, Grain, Fruits & Milk Lunch Crunchy Beef Taco's w/ Seasoned Rice Hot Black Bean & Corn Mix <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	8 Breakfast Lt. Yogurt w/ HB Egg OJ & Cut Apples w/ PB Cereal, Grain, Fruits & Milk Lunch Meat Lasagna w/ TX Toast Green Beans <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	9 Breakfast Assorted Grain, Fruits & Milk Lunch Orange Chicken w/ Veggie Fried Rice W/ Egg Roll Fruit, Veggie, Milk
13 Breakfast Hot Breakfast Pizza Cereal, Grain, Fruits & Milk Lunch BBQ Pork Sand w/ Baked Beans <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	14 Breakfast Waffle w/ BBerries Cereal, Grain, Fruits & Milk Lunch Chicken & Cheese Quesadilla w/ Corn <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	15 Breakfast Cinnamon Roll w/ Apple Juice Cereal, Grain, Fruits & Milk Lunch Pepperoni Pizza Italian Pasta Salad <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	16 Breakfast Assorted Grain, Fruits & Milk Lunch <i>Homemade</i> Chicken Noodle Soup w/ PB Sand <i>Salads & Sands Daily</i> Fruit, Veggie, Milk
20 Breakfast Hot Ham & Cheese E-Muffin Cereal, Grain, Fruits & Milk Lunch Hamburger w/ Baked Beans <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	21 Breakfast Breakfast Burritos w/ Salsa Melon Cereal, Grain, Fruits & Milk Lunch <i>New</i> Walking Nacho w/ Meat & Cheese & Seasoned Rice <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	22 Breakfast Fruit Smoothie w/Breakfast Burrito w/ Applesauce Cereal, Grain, Fruits & Milk Lunch Spaghetti w/ TX Toast Garlic Green Beans <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	23 Breakfast Assorted Grain, Fruits & Milk Lunch Pizza Stick w/ Marinara <i>Salads & Sands Daily</i> Fruit, Veggie, Milk
27 Breakfast Egg & Cheese Omelet w/ Salsa Cereal, Grain, Fruits & Milk Lunch Corn Dogs w/ Baked Beans <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	28 Breakfast Pancakes & Yogurt w/ Peaches Cereal, Grain, Fruits & Milk Lunch Hot Meatball Sub w/ Marinara <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	29 Breakfast Hot Hashbrowns & HB Egg Fruits & Milk Lunch <i>Homemade</i> Chili & Cornbread <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	30 Breakfast Assorted Grain, Fruits & Milk Lunch Crunchy Chicken Burger French Fries <i>Salads & Sands Daily</i> Fruit, Veggie, Milk

This institution is an equal opportunity provider.