

SEPTEMBER 2023


Hines Middle School Breakfast and Lunch Menu

Lunch – \$3.55 paid SY23-2024& 0¢-reduced ☐ Extra Milk – 45¢ Juice is .45¢

Lunch includes: Entrée with salad bar options of, fruit, vegetable, breads grains, Oregon Milk

Menu is subject to change. Some items may contain nuts.

Food allergies need to be documented by a licensed doctor and a copy sent to the kitchen & office.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<u>FRIDAY SCHOOL SEPT29</u> Breakfast Maple Bar- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> PB & Jelly Sack Lunch Carrots w/ Ranch, apple, chips & Milk	
4 NO SCHOOL 	5 Breakfast Blueberry Overnight Oats Cup- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Corn Dogs Veggie, Fruit & Milk	6 Breakfast Breakfast Pizza- Veggie, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Meat Spaghetti w/ Tx Toast Green Beans Veggie, Fruit & Milk	7 NO SCHOOL FAIR DAY
11 Breakfast Warm Waffle- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Meat Ball Sub w/ Cheese & Marinara, Chips Veggie, Fruit & Milk	12 Breakfast Chocolate Oat Bar- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Soft Beef Taco Seasoned Rice, Salsa Veggie, Fruit & Milk	13 Breakfast Muffins- Veggie, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Sweet & Sour Chicken w/ Noodles Veggie, Fruit & Milk	14 Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chicken Nuggets w/ WW Roll Veggie, Fruit & Milk
18 Breakfast Fresh Cinnamon Roll- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Crispy Chicken Burger French Fries Veggie, Fruit & Milk	19 Breakfast Blueberry Parfait- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Bean & Cheese Burrito Corn Veggie, Fruit & Milk	20 Breakfast Egg & Sausage Taco's Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chili & Cheese Baked Potato w/ Seasoned Roll Veggie, Fruit & Milk	21 Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Pepperoni Pizza Veggie, Fruit & Milk
25 Breakfast Sausage & Cheese E-Muffin- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> BBQ Pork Rib Sand Cole Slaw Baked Beans Veggie, Fruit & Milk	26 Breakfast Apple Frudel- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Nacho's w/ Meat & Cheese Seasoned Rice Veggie, Fruit & Milk	27 Breakfast Bagel w/ Cream Cheese- Cereal & Grains, fruit & Milk Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Lasagna w/ Texas Toast Green Beans Veggie, Fruit & Milk	28 Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Hamburger w/ SP Fries Veggie, Fruit & Milk <u>FRIDAY SCHOOL</u>

This institution is an equal opportunity provider.