

# NOVEMBER 2024


## Hines Middle School Menu

**BREAKFAST - \$0.00** (Before morning bell)

**Lunch – \$0.00 SY24-2025 & 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
		<b>NOVEMBER 15TH FRIDAY SCHOOL</b> <b>Breakfast</b> Assorted Grains w/ Fruit Milk <b>Lunch (only)</b> Hamburger w/ FF Fruit, Veggie, Milk	
4 <b>BREAKFAST</b> Egg & Cheese E-Muffin Cereal, Grain, Fruits & Milk <b>LUNCH</b> Crispy Chicken Burger w/ Sweet Potato Fries <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	5 <b>BREAKFAST</b> Chocolate Oat Bar Cereal, Grain, Fruits & Milk <b>LUNCH</b> Soft Beef Taco's w/ Seasoned Rice <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	6 <b>BREAKFAST</b> Bagel w/ Cream cheese Cereal, Grain, Fruits & Milk <b>LUNCH</b> Meat Lasagna w/ TX Toast Green Beans <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	7 <b>BREAKFAST</b> Assorted Grain, Fruits & Milk <b>LUNCH</b> Orange Chicken w/ Veggie Fried Rice W/ Egg Roll <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk
11  <b>NO SCHOOL</b>  <b>VETERANS' DAY</b>	12 <b>BREAKFAST</b> Cereal Bar w/String Cheese Cereal, Grain, Fruits & Milk <b>LUNCH</b> Chicken & Cheese Quesadilla w/ Corn <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	13 <b>BREAKFAST</b> Cinnamon Roll w/ Juice Cereal, Grain, Fruits & Milk <b>LUNCH</b> Pepperoni Pizza Pasta Salad <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	14 <b>BREAKFAST</b> Waffle w/ PB & Juice Cereal, Grain, Fruits & Milk <b>LUNCH</b> BBQ Pork Rib Sand w/ Cole Slaw <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk <b>FRIDAY SCHOOL NOV 15TH</b>
18 <b>BREAKFAST</b> Pancakes w/ Syrup Cereal, Grain, Fruits & Milk <b>LUNCH</b> Homemade Chicken Noodle Soup w/ Toasted Cheese Sand <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	19 <b>BREAKFAST</b> Hot Ham & Cheese E-Muffin Cereal, Grain, Fruits & Milk <b>LUNCH</b> Nacho w/ Beans & Cheese Salsa <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	20 <b>BREAKFAST</b> Breakfast Burritos Cereal, Grain, Fruits & Milk <b>LUNCH</b> Spaghetti w/ TX Toast Seasoned Green Beans <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	21 <b>BREAKFAST</b> Assorted Grain, Fruits & Milk <b>LUNCH</b> Chicken Nuggets w/ FF <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk
25 <b>BREAKFAST</b> Lemon Raspberry Pastry Cereal, Grain, Fruits & Milk <b>LUNCH</b> Roasted Turkey Dinner, Mashed Potatoes w Gravy, Roll, Salad & Apple Crisp Milk	26 <b>BREAKFAST</b> Blueberry Muffin w/ String Cheese, Cereal, Grain, Fruits & Milk <b>LUNCH</b> Burrito w/ Seasoned Rice Fruit, Veggie, Milk	27 <b>BREAKFAST</b> Berry Overnight Oats Cereal, Grain, Fruits & Milk <b>LUNCH</b> <b>(EARLY RELEASE)</b> PB & Jelly Sack Lunch Carrot w/ Ranch, Apple Chip, String Cheese, cookie	28  <b>NO SCHOOL</b>  <b>THANKSGIVING DAY</b>

**This institution is an equal opportunity provider.**