

# JANUARY 2022

## Hines Middle School Breakfast and Lunch Menu

Lunch – **\$0.00** paid SY21-2022 & **0¢**-reduced  Extra Milk – **45¢** Juice is **.45¢**

**Lunch includes:** Entrée with, 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
<p>3 <b>Breakfast</b> Cereals &amp; Grains Fruit &amp; Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Pizza Stix w/ Marinara Veggie, Fruit &amp; Milk</p>	<p>4 <b>Breakfast</b> Cereals &amp; Grains or Breakfast Pizza, Fruit &amp; Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Chicken Burger w/ Corn Veggie, Fruit &amp; Milk</p>	<p>5 <b>Breakfast</b> Cereals &amp; Grains or Muffins w/ Fruit &amp; Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Meat Spaghetti w/ Tx Toast Green Beans Veggie, Fruit &amp; Milk</p>	<p>6 <b>Breakfast</b> Cereals &amp; Grains, Fruit &amp; Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Ham &amp; Cheese Melts w/ French Fries Veggie, Fruit &amp; Milk</p>
<p>10 <b>Breakfast</b> Cereals &amp; Grains, Soft Pretzel w/ PB &amp; J, Fruit &amp; Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Corn Dogs w/ Baked Beans Veggie, Fruit &amp; Milk</p>	<p>11 <b>Breakfast</b> Cereals &amp; Grains, Pancakes Fruit &amp; Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Cheese burgers w/ French Fries Veggie, Fruit &amp; Milk</p>	<p>12 <b>Breakfast</b> Cereals &amp; Grains, Cherry Frudel Fruit &amp; Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Bacon Stuffed Baked Potato w/ Cheese Veggie, Fruit &amp; Milk</p>	<p>13 <b>Breakfast</b> Cereals &amp; Grains, Fruit &amp; Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Chicken &amp; Cheese Quesadilla Seasoned Rice Veggie, Fruit &amp; Milk</p>
<p><b>NO SCHOOL</b>  <b>MARTIN LUTHER KING JR DAY</b></p>	<p>18 <b>Breakfast</b> Cereals &amp; Grains, Fruit &amp; Milk Egg &amp; Cheese Breakfast Sand Fruit , Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Crunchy Beef Taco's Refried Beans w/ Cheese Veggie, Fruit &amp; Milk</p>	<p>19 <b>Breakfast</b> Cereals &amp; Grains, Fruit &amp; Milk Yogurt Parfait w/ Fruit &amp; Granola, Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Lasagna w/ Tx Toast Green Beans Veggie, Fruit &amp; Milk</p>	<p>20 <b>Breakfast</b> Cereals &amp; Grains, Fruit &amp; Milk Maple Bar w/ Cracker Fruit, Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Hamburger w/Chips Veggie, Fruit &amp; Milk <b>Friday School Day Jan 21<sup>st</sup></b></p>
<p>24 <b>Breakfast</b> Cereals &amp; Grains, Fruit &amp; Milk Waffles w/ PB, Fruit &amp; Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> BBQ Pork Rib Sand w/ Baked Beans Veggie, Fruit &amp; Milk</p>	<p>25 <b>Breakfast</b> Cherry Frudel or Cereal grains Fruit &amp; Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Nacho's W/ Beans &amp; Cheese Chicken Tostada w/ Rice Veggie, Fruit &amp; Milk</p>	<p>26 <b>Breakfast</b> Cereals &amp; Grains, Fruit &amp; Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Chili w/ Cornbread Veggie, Fruit &amp; Milk</p>	<p>27 <b>Breakfast</b> Cereals &amp; Grains, Fruit &amp; Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Chicken Alfredo w/ Tx Toast Green Beans Veggie, Fruit &amp; Milk</p>
<p>31 <b>Breakfast</b> Cereals &amp; Grains, Muffins Fruit &amp; Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Orange Chicken w/ Vegetable Fried Rice, Egg Roll Veggie, Fruit &amp; Milk</p>			<p><b>21 <u>Friday School</u></b> <b>Breakfast</b> Cereals &amp; Grains ,Breakfast Pizza, Fruit &amp; Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Corn Dogs w/ Baked Beans Veggie, Fruit &amp; Milk</p>

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