

DECEMBER 2022


Hines Middle School Breakfast and Lunch Menu

Lunch – \$3.00 paid SY22-2023 & 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
 <p>CAROLING</p>			<p>1 Breakfast Breakfast Pizza- Veggie, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Meat Spaghetti w/ Tx Toast Green Beans Veggie, Fruit & Milk</p>
<p>5 Breakfast Warm Waffle- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> BBQ Pork Rib Sand Baked Beans Veggie, Fruit & Milk</p>	<p>6 Breakfast Chocolate Oat Bar- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Bean & Cheese Burrito Sweet Corn & Salsa Veggie, Fruit & Milk</p>	<p>7 Breakfast Egg & Sausage w/ Toast Cereal & Grains, fruit & Milk Veggie, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Orange Chicken w/ Vegetable Fried Rice, Veggie Egg Roll Veggie, Fruit & Milk</p>	<p>8 Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Hamburger w/ Sweet Potato Fries Veggie, Fruit & Milk</p>
<p>12 Breakfast Fresh Cinnamon Roll- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chicken Burger/ FF Veggie, Fruit & Milk</p>	<p>13 Breakfast Blueberry Parfait- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Crunchy Beef Taco's Seasoned Rice & Beans Veggie, Fruit & Milk</p>	<p>14 Breakfast French Toast w/ Berries Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Stuffed Baked Potato w/ Roll Veggie, Fruit & Milk</p>	<p>15 Breakfast Maple Bar- Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> PB & Jelly Sack Lunch Carrots w/ Ranch, Assorted Fruit, Chip & Milk</p>
<p>NO SCHOOL</p>			
			<p>RETURN TO SCHOOL JAN 3, 2023</p>