

AUGUST 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>Lunch cost to all Paid students \$3.00</p>	<p><u>Mymealtime.com</u> To pay with a DEBIT or Credit Card online & Monitor your students lunch account. Cash & Checks accepted also.</p>	
	<p>Welcome Back To school lunch</p>		
<p>22 Breakfast Fresh Cinnamon Roll- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Pizza Veggie, Fruit & Milk</p>	<p>23 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>24 Breakfast Egg & Sausage Taco's Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Stuffed Baked Potato Veggie, Fruit & Milk</p>	<p>25 Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chicken Strips w/ FF Veggie, Fruit & Milk</p>
<p>29 Breakfast Sausage, Egg & Cheese E- Muffin- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> South West Burger w/ Cheese Baked Beans Veggie, Fruit & Milk</p>	<p>30 Breakfast Apple Frudel- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Nacho's w/ Meat & Cheese Sweet Corn Veggie, Fruit & Milk</p>	<p>31 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</p>	

This institution is an equal opportunity provider.