

# OCTOBER 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>3 <b>Breakfast</b> Berry Bread w/ String Cheese Cereal &amp; Grains, fruit &amp; Milk</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Chicken Burger Baked Beans Veggie, Fruit , Milk</p>	<p>4 <b>Breakfast</b> Blueberry Overnight Oats Cup- Cereal &amp; Grains, fruit &amp; Milk</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Beef &amp; Bean Tostada Seasoned Rice Veggie, Fruit &amp; Milk</p>	<p>5 <b>Breakfast</b> Breakfast Pizza- Veggie, Fruit &amp; Milk</p> <p><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</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Pizza Stix w/ Marinara Sauce Veggie, Fruit &amp; Milk</p>
<p>10 <b>Breakfast</b> Warm Waffle- Cereal &amp; Grains, fruit &amp; Milk</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Meat Ball Sub w/ Cheese &amp; Marinara, Chips Veggie, Fruit &amp; Milk</p>	<p>11 <b>Breakfast</b> Chocolate Oat Bar- Cereal &amp; Grains, fruit &amp; Milk</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Bean &amp; Cheese Burrito Sweet Corn &amp; Salsa Veggie, Fruit &amp; Milk</p>	<p>12 <b>Breakfast</b> Egg &amp; Sausage Taco's Cereal &amp; Grains, fruit &amp; Milk</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Chili Sweet Thai Chicken w/ Vegetable Fried Rice, Veggie Egg Roll Veggie, Fruit &amp; Milk</p>	<p>13 <b>Breakfast</b> Cereals &amp; Grains, Fruit &amp; Milk</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Hamburger w/ French Fries Veggie, Fruit &amp; Milk</p>
<p>17 <b>Breakfast</b> Fresh Cinnamon Roll- Cereal &amp; Grains, fruit &amp; Milk</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Pizza Veggie, Fruit &amp; Milk</p>	<p>18 <b>Breakfast</b> Blueberry Parfait- Cereal &amp; Grains, fruit &amp; Milk</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Crunchy Beef Taco's Seasoned Rice &amp; Beans Veggie, Fruit &amp; Milk</p>	<p>19 <b>Breakfast</b> French Toast w/ Berries Cereals &amp; Grains, Fruit &amp; Milk</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Stuffed Baked Potato w/ Roll Veggie, Fruit &amp; Milk</p>	<p>20 <b>Breakfast</b> Cereals &amp; Grains, Fruit &amp; Milk</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Chicken Strips w/ FF Veggie, Fruit &amp; Milk</p>
<p>24 <b>Breakfast</b> Sausage &amp; Cheese E-Muffin- Cereal &amp; Grains, fruit &amp; Milk</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> South West Burger w/ Cheese Baked Beans Veggie, Fruit &amp; Milk</p>	<p>25 <b>Breakfast</b> Cereal Bar w/ Sunseeds Cereal &amp; Grains, fruit &amp; Milk</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Nacho's w/ Meat &amp; Cheese Sweet Corn Veggie, Fruit &amp; Milk</p>	<p>26 <b>Breakfast</b> Bagel w/ Cream Cheese- Cereal &amp; Grains, fruit &amp; Milk</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Lasagna w/ Texas Toast Green Beans Veggie, Fruit &amp; Milk</p>	<p>27 <b>Breakfast</b> Cereals &amp; Grains, Fruit &amp; Milk</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Turkey Sub w/ Chips Veggie, Fruit &amp; Milk</p>
<p>31 <b>Breakfast</b> Yogurt, String cheese, Granola Cereal &amp; Grains, fruit &amp; Milk</p> <p><b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Chili w/ Cornbread Veggie, Fruit &amp; Milk</p>			

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

