


# AUGUST 2022

## Hines Middle School Breakfast and Lunch Menu

Lunch – **\$3.55** paid SY23-2024 & **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><b>Lunch cost to all Paid HMS Students \$3.55</b></p>	<p><u><a href="http://Mymealtime.com">Mymealtime.com</a></u>            To pay with a DEBIT or Credit Card online &amp; Monitor your students lunch account. Cash &amp; Checks accepted also.</p>	
<p>21 <b>Breakfast</b>            Fresh Cinnamon Roll-            Cereal &amp; Grains, Fruit &amp; Milk  <b>Lunch</b>  <i>Sandwiches &amp; Salads daily</i>            Crispy Chicken Burger            French Fries            Veggie, Fruit &amp; Milk</p>	<p>22 <b>Breakfast</b>            Strawberry Parfait-            Cereal &amp; Grains, fruit &amp; Milk  <b>Lunch</b>  <i>Sandwiches &amp; Salads daily</i>            Bean &amp; Cheese Burrito            Corn            Veggie, Fruit &amp; Milk</p>	<p>23 <b>Breakfast</b>            Pancake on a Stix-            Cereals &amp; Grains, Fruit &amp; Milk  <b>Lunch</b>  <i>Sandwiches &amp; Salads daily</i>            Chili &amp; Cheese Baked Potato w/            Seasoned Roll            Veggie, Fruit &amp; Milk</p>	<p>24 <b>Breakfast</b>            Cereals &amp; Grains, Fruit &amp; Milk  <b>Lunch</b>  <i>Sandwiches &amp; Salads daily</i>            Pepperoni Pizza            Veggie, Fruit &amp; Milk</p>
<p>28 <b>Breakfast</b>            Sausage, Egg &amp; Cheese E-            Muffin-            Cereal &amp; Grains, fruit &amp; Milk  <b>Lunch</b>  <i>Sandwiches &amp; Salads daily</i>            BBQ Pork Rib Sand            Cole Slaw &amp; Baked Beans            Veggie, Fruit &amp; Milk</p>	<p>29 <b>Breakfast</b>            Apple Frudel-            Cereal &amp; Grains, fruit &amp; Milk  <b>Lunch</b>  <i>Sandwiches &amp; Salads daily</i>            Nacho's w/ Meat &amp; Cheese            Seasoned Rice            Veggie, Fruit &amp; Milk</p>	<p>30 <b>Breakfast</b>            Bagel w/ Cream Cheese-            Cereal &amp; Grains, fruit &amp; Milk            Fruit &amp; Milk  <b>Lunch</b>  <i>Sandwiches &amp; Salads daily</i>            Lasagna w/ Texas Toast            Green Beans            Veggie, Fruit &amp; Milk</p>	<p>31 <b>Breakfast</b>            Cereals &amp; Grains, Fruit &amp; Milk  <b>Lunch</b>  <i>Sandwiches &amp; Salads daily</i>            Hamburger w/ Sweet Potato            Fries            Veggie, Fruit Milk</p>

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