

January 2023

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>LAST DAY OF WINTER BREAK</p>	<p>3 Breakfast Donut w/ Glaze or Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Hamburger w/ FF Veggie, Fruit & Milk</p>	<p>4 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 Lunch <i>Sandwiches & Salads daily</i> Beef & Bean Tostada w/ Refried beans & Chips Veggie, Fruit & Milk</p>
<p>9 Breakfast Warm Waffle- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Pizza Stix w/ Marinara Veggie, Fruit & Milk</p>	<p>10 Breakfast Chocolate Oat Bar- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chicken Philly Sand w/ Baked Beans Veggie, Fruit & Milk</p>	<p>11 Breakfast Overnight oats w/ Berries- Cereal & Grains, fruit & Milk Veggie, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chili Sweet Thai Chicken w/ Vegetable Fried Rice, Veggie Egg Roll Veggie, Fruit & Milk</p>	<p>12 Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Homemade Ham & Potato Soup w/ Grilled Cheese Sand Veggie, Fruit & Milk</p>
<p>16 NO SCHOOL MARTIN LUTHER KING JR DAY</p>	<p>17 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>18 Breakfast French Toast w/ Berries Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Stuffed Baked Potato Chili & Cheese w/ Roll Veggie, Fruit & Milk</p>	<p>19 Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chicken Nuggets w/ FF Roll Veggie, Fruit & Milk FRIDAY SCHOOL</p>
<p>23 Breakfast Sausage & Cheese E-Muffin- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Homemade Chicken Noodle Soup w/ Toasted Cheese Sand Veggie, Fruit & Milk</p>	<p>24 Breakfast Cereal Bar w/ Sun seeds Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Corn Dog w/ Pasta Salad Veggie, Fruit & Milk</p>	<p>25 Breakfast Fresh Cinnamon Roll- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Pizza Veggie, Fruit & Milk</p>	<p>26 Breakfast Cereal w/ Fruits and Grains, Milk Lunch <i>Sandwiches & Salads daily</i> Chicken Burger w/ FF Veggie, Fruit & Milk</p>
<p>30 Breakfast Yogurt, String cheese, Granola Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chili w/ Cornbread 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>		<p>FRIDAY SCHOOL Jan 20 Cereal w/ Fruits and Grains, Milk Lunch <i>Sandwiches & Salads daily</i> BBQ Pork Rib Sand w/ FF Coleslaw Veggie, Fruit & Milk</p>

This institution is an equal opportunity provider.