

SEPTEMBER 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
		<u>FRIDAY SCHOOL SEPT23RD</u> Breakfast Maple Bar- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Crispy Chicken Burger Sweet Corn Veggie, Fruit & Milk	Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Soft Pretzel w/ Cheese Sauce Veggie, Fruit & Milk
5 NO SCHOOL LABOR DAY	6 Breakfast Blueberry Overnight Oats Cup- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Taco Chicken-Bean & Rice Bowl Veggie, Fruit & Milk	7 Breakfast Breakfast Pizza- Veggie, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Meat Spaghetti w/ Tx Toast Green Beans Veggie, Fruit & Milk	8 NO SCHOOL FAIR DAY
12 Breakfast Warm Waffle- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Meat Ball Sub w/ Cheese & Marinara, Chips Veggie, Fruit & Milk	13 Breakfast Chocolate Oat Bar- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Bean & Cheese Burrito Sweet Corn & Salsa Veggie, Fruit & Milk	14 Breakfast Muffins- Veggie, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chili Sweet Thai Chicken w/ Vegetable Fried Rice, Veggie Egg Roll Veggie, Fruit & Milk	15 Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Hamburger w/ French Fries Veggie, Fruit & Milk
19 Breakfast Fresh Cinnamon Roll- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Pizza Veggie, Fruit & Milk	20 Breakfast Blueberry Parfait- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Crunchy Beef Taco's Seasoned Rice & Beans Veggie, Fruit & Milk	21 Breakfast Egg & Sausage Taco's Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Stuffed Baked Potato w/ Roll Veggie, Fruit & Milk	22 Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chicken Strips w/ FF Veggie, Fruit & Milk <u>FRIDAY SCHOOL</u>
26 Breakfast Sausage & Cheese E-Muffin- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> South West Burger w/ Cheese Baked Beans Veggie, Fruit & Milk	27 Breakfast Apple Frudel- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Nacho's w/ Meat & Cheese Sweet Corn Veggie, Fruit & Milk	28 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	29 Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Turkey Sub w/ Chips Veggie, Fruit & Milk

This institution is an equal opportunity provider.