

NOVEMBER 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
	1 Breakfast Blueberry Overnight Oats Cup- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Beef & Bean Tostada Seasoned Rice Veggie, Fruit & Milk	2 Breakfast Breakfast Pizza- Veggie, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Meat Spaghetti w/ Tx Toast Green Beans Veggie, Fruit & Milk	NO SCHOOL PARENT-TEACHER CONFERENCES
7 Breakfast Warm Waffle- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Meat Ball Sub w/ Cheese & Marinara, Chips Veggie, Fruit & Milk	8 Breakfast Chocolate Oat Bar- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Bean & Cheese Burrito Sweet Corn & Salsa Veggie, Fruit & Milk	9 Breakfast Egg & Sausage w/ Toast 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	10 Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Hamburger w/ French Fries Veggie, Fruit & Milk
14 Breakfast Fresh Cinnamon Roll- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Pizza Veggie, Fruit & Milk	15 Breakfast Blueberry Parfait- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Crunchy Beef Taco's Seasoned Rice & Beans Veggie, Fruit & Milk	16 Breakfast French Toast w/ Berries Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Stuffed Baked Potato w/ Roll Veggie, Fruit & Milk	17 Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chicken Strips w/ FF Veggie, Fruit & Milk FRIDAY SCHOOL
21 Breakfast Sausage & Cheese E-Muffin- Cereal & Grains, fruit & Milk Lunch (only option) Roasted Pork w/ Mashed Potato & Gravy, Roll, Fruit, Salad, Dessert ,Milk	22 Breakfast Cereal Bar w/ Sun seeds Cereal & Grains, fruit & Milk Lunch PB & Jelly Sack Lunch Carrots w/ Ranch, Assorted Fruit, Chip & Milk	NO SCHOOL	NO SCHOOL THANKSGIVING
28 Breakfast Yogurt, String cheese, Granola Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chili w/ Cornbread Veggie, Fruit & Milk	29 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	30 Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Toasted Cheese w/ Homemade Chicken Noodle Soup Veggie, Fruit & Milk	18 FRIDAY SCHOOL Cereal w/ Fruits and Grains, Milk Lunch <i>Sandwiches & Salads daily</i> Chicken Burger w/ FF Veggie, Fruit & Milk

This institution is an equal opportunity provider.