

OCTOBER 2023

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	
2	Breakfast Warm Pancake w/ Syrup- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chicken & Cheese Quesadilla	3	Breakfast Warm Biscuit w/ Jelly & PB Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Bean & Cheese Burrito Corn Veggie, Fruit & Milk	4	Breakfast Pancake,-Sausage on a Stix Fruit, Veggie, Milk Lunch <i>Sandwiches & Salads daily</i> Orange Chicken w/ Vegetable Fried Rice & Egg Roll Fruit, Veggie, Milk	5	Breakfast Cereals & Grains, Fruit & Milk Lunch Pizza Stix w/ Marinara Pasta Salad Fruit, Veggie, Milk
9	Breakfast Bagel w/ Cream Cheese- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Homemade Chicken Noodle Soup w/ Toasted Cheese Sand Fruit, Veggie, Milk	10	Breakfast Blueberry Overnight Oats Cup- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Corn Dogs w/ Baked Beans Veggie, Fruit & Milk	11	Breakfast Breakfast Pizza- Veggie, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Homemade Meat Spaghetti w/ Tx Toast Green Beans Veggie, Fruit & Milk	12	Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Hamburger w/ SP Fries Veggie, Fruit & Milk
16	Breakfast Warm Waffle- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Meat Ball Sub w/ Cheese & Marinara, Chips Veggie, Fruit & Milk	17	Breakfast Chocolate Oat Bar- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Soft Beef Taco Seasoned Rice, Salsa Veggie, Fruit & Milk	18	Breakfast Muffins- Veggie, Fruit, Milk Lunch <i>Sandwiches & Salads daily</i> Sweet & Sour Chicken w/ Noodles Veggie, Fruit & Milk	19	Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chicken Nuggets w/ WW Roll Veggie, Fruit & Milk
23	Breakfast Fresh Cinnamon Roll- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Crispy Chicken Burger Macaroni Salad Veggie, Fruit & Milk	24	Breakfast Fruit Parfait- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Nacho's w/ Beans & Cheese Seasoned Rice Veggie, Fruit & Milk	25	Breakfast Breakfast Burrito w/ Salas Cereals & Grains, & Milk Lunch <i>Sandwiches & Salads daily</i> Chili & Cheese Baked Potato w/ Seasoned Roll Veggie, Fruit & Milk	26	Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Homemade Lasagna w/ Texas Toast Green Beans Veggie, Fruit & Milk
30	Breakfast Sausage & Cheese E-Muffin- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> BBQ Pork Rib Sand Cole Slaw Baked Beans Veggie, Fruit & Milk	31	Breakfast Apple Frudel- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Spooky Pepperoni Pizza Veggie, Fruit & Milk			RED RIBBON WEEK OF OCT 23	

This institution is an equal opportunity provider.