

September 2026

Hines Middle School Menu

BREAKFAST - \$0.00 (Before morning bell)

Lunch – \$0.00 SY26-2027 & 0¢-reduced Extra Milk –50¢ Juice is .50¢

Lunch includes: Entrée with Salad bar options, fruit, vegetable, breads grains, Oregon Milk (Nonfat - 1%)

Grab N' Go options offered daily. Menu is subject to change. Some items may contain nuts.

Students with a food allergy such as fluid milk intolerance, must be documented by a licensed doctor and a faxed or written copy sent to the kitchen & office when a student is needing a substitution and or participating in the breakfast or lunch programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Breakfast Warm Waffles w/ Strawberries & Yogurt, Assorted Fruit & Milk Lunch Chicken & Cheese Quesadilla w/ Chuckwagon Veggies <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	2 Breakfast Warm English Muffin w/ Ham & Egg w/ Assorted Fruit , Milk Lunch Baked Chicken Mashed Potato & Roll <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	3 Breakfast Assorted Cereal w/ Assorted Fruits & Protein Options & Milk Lunch Corn Dog w/ Baked Beans <i>Salads & Sands Daily</i> Fruit, Veggie, Milk
7 NO SCHOOL LABOR DAY	8 Breakfast Warm Bagel w/ Cream cheese & Hard Boiled Egg Assorted Fruit & Milk Lunch Soft Beef Taco's w/ Seasoned Rice <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	9 Breakfast Stuffed Turkey Pie Breakfast Assorted Fruit & Milk Lunch Homemade Meat Lasagna w/ TX Toast Green Beans <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	10 NO SCHOOL FAIR DAY
14 Breakfast Hot Breakfast Pizza W/ Fruit Smoothie, Assorted Fruit & Milk Lunch BBQ Pork Rib Sand Fresh Mac Salad <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	15 Breakfast Warm Pancakes w/ Syrup Sliced Ham, Assorted Fruit & Milk Lunch Bean & Cheese Burrito <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	16 Breakfast Chocolate Oat Bar w/ Meat Stick, Assorted Fruit & Milk Lunch Mac & Cheese w/ Roll Green Beans <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	17 Breakfast Assorted Cereals w/ Assorted Fruits & Proteins Options & Milk Lunch Chicken Strips w/ FF <i>Salads & Sands Daily</i> Fruit, Veggie, Milk
21 Breakfast Yogurt w/ Apple Cinnamon Muffin, Assorted Fruit & Milk Lunch Pepperoni Pizza Fresh Italian Pasta Salad <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	22 Breakfast Egg & Cheese Omelet w/ Tater Tots, Assorted Fruit & Milk Lunch Walking Taco w/ Corn <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	23 Breakfast Cinnamon Roll w/ Sausage Assorted Fruit & Milk Lunch Homemade Spaghetti w/ TX Toast Garlic Green Beans <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	24 Breakfast Assorted Cereal w/ Assorted Fruits & Protein Options & Milk Lunch Hamburger w/ Sweet Potato Fries <i>Salads & Sands Daily</i> Fruit, Veggie, Milk
28 Breakfast Sausage & Cheese Biscuit Assorted Fruits & Milk Lunch Crispy Chicken Burger Fresh Potato Salad <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	29 Breakfast Warm English Muffin w/ Ham & Egg w/ Assorted Fruit & Milk Lunch Homemade Beef Enchilada Seasoned Rice <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	30 Breakfast Warm Bagel w/ Cream cheese & Hard Boiled Egg Assorted Fruit & Milk Lunch Alfredo w/ Tx Toast <i>Salads & Sands Daily</i> Fruit, Veggie, Milk	This institution is an equal opportunity provider