

# OCTOBER 2024

## Hines Middle School Menu

**BREAKFAST - \$0.00** (Before morning bell)

**Lunch – \$0.00** SY24-2025 & **0¢-reduced** Extra Milk – **45¢** Juice is **.45¢**

**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
	<b>1</b> <b>BREAKFAST</b> Blueberry Yogurt Parfait Cereal, Grain, Fruits & Milk <b>LUNCH</b> Burrito w/ Seasoned Rice <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	<b>2</b> <b>BREAKFAST</b> Waffle w/ PB & Juice Cereal, Grain, Fruits & Milk <b>LUNCH</b> BBQ Pork Rib Sand w/ Cole Slaw <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	<b>3</b> <b>BREAKFAST</b> Assorted Grain, Fruits & Milk <b>LUNCH</b> Orange Chicken w/ Vegetable Fried Rice, Egg Roll, <i>Salad &amp; Sand Daily</i> Grain, Fruits & Milk
<b>7</b> <b>BREAKFAST</b> Egg & Cheese E-Muffin Cereal, Grain, Fruits & Milk <b>LUNCH</b> Crispy Chicken Burger w/ Sweet Potato Fries <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	<b>8</b> <b>BREAKFAST</b> Chocolate Oat Bar Cereal, Grain, Fruits & Milk <b>LUNCH</b> Soft Beef Taco’s w/ Seasoned Rice <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	<b>9</b> <b>BREAKFAST</b> Bagel w/ Cream cheese Cereal, Grain, Fruits & Milk <b>LUNCH</b> Meat Lasagna w/ TX Toast Green Beans <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	<b>10</b> <b>BREAKFAST</b> Assorted Grain, Fruits & Milk <b>LUNCH</b> New Homemade Chicken Lo Mein W/ Egg Roll Fruit, Veggie, Milk
<b>14</b> <b>BREAKFAST</b> Breakfast Pizza Cereal, Grain, Fruits & Milk <b>LUNCH</b> Warm Italian MeatBall Sub W/ Chips <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	<b>15</b> <b>BREAKFAST</b> Cereal Bar w/String Cheese Cereal, Grain, Fruits & Milk <b>LUNCH</b> Chicken & Cheese Quesadilla w/ Corn <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	<b>16</b> <b>BREAKFAST</b> Cinnamon Roll w/ Juice Cereal, Grain, Fruits & Milk <b>LUNCH</b> Pepperoni Pizza Pasta Salad <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	<b>17</b> No Meals  <b>Student Led                      Conferences                      Oct 17&amp;18</b>
<b>21</b> <b>BREAKFAST</b> Pancakes w/ Syrup Cereal, Grain, Fruits & Milk <b>LUNCH</b> Homemade Chicken Noodle Soup w/ Toasted Cheese Sand <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	<b>22</b> <b>BREAKFAST</b> Hot Ham & Cheese E-Muffin Cereal, Grain, Fruits & Milk <b>LUNCH</b> Nacho w/ Beans & Cheese Salsa <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	<b>23</b> <b>BREAKFAST</b> Breakfast Burritos Cereal, Grain, Fruits & Milk <b>LUNCH</b> Spaghetti w/ TX Toast Seasoned Green Beans <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	<b>24</b> <b>BREAKFAST</b> Assorted Grain, Fruits & Milk <b>LUNCH</b> Chicken Nuggets w/ FF <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk
<b>28</b> <b>BREAKFAST</b> Lemon Raspberry Pastry Cereal, Grain, Fruits & Milk <b>LUNCH</b> Corn Dogs w/ Baked Beans <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	<b>29</b> <b>BREAKFAST</b> Blueberry Muffin w/ String Cheese, Cereal, Grain, Fruits & Milk <b>LUNCH</b> New Baked Taco Sweet Potato <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	<b>30</b> <b>BREAKFAST</b> Berry Overnight Oats Cereal, Grain, Fruits & Milk <b>LUNCH</b> Homemade Chili w/ Cornbread <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk	<b>31</b> <b>BREAKFAST</b> Assorted Grain, Fruits & Milk <b>LUNCH</b> Pizza Sticks w/ Marinara Mac Salad <i>Salads &amp; Sands Daily</i> Fruit, Veggie, Milk

**This institution is an equal opportunity provider.**