

# NOVEMBER 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
17 <b>Friday School</b> Variety Breakfast w/ Fruits & Milk <b>Lunch</b> PB & Jelly Sack Lunch Carrots w/ Ranch, Assorted Fruit, Chip & Milk	 <p><i>Happy Thanksgiving</i></p>	1 <b>Breakfast</b> Breakfast Pizza- Veggie, Fruit & Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Orange Chicken, Veggie Fried Rice, Egg Roll Veggie, Fruit & Milk	2 <b>NO SCHOOL</b>  <b>PARENT-TEACHER            CONFERENCES</b>
6 <b>Breakfast</b> Warm Waffle- Cereal & Grains, fruit & Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Corn Dog w/ French Fries Veggie, Fruit & Milk	7 <b>Breakfast</b> Chocolate Oat Bar- Cereal & Grains, fruit & Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Bean & Cheese Burrito Sweet Corn & Salsa Veggie, Fruit & Milk	8 <b>Breakfast</b> Egg & Sausage w/ Toast Cereal & Grains, fruit & Milk Veggie, Fruit & Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Pizza Stix w/ Marinara Veggie, Fruit & Milk	9 <b>Breakfast</b> Cereals & Grains, Fruit & Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> BBQ Pork Rib Sand w/ Baked Beans Veggie, Fruit & Milk
13 <b>Breakfast</b> Fresh Cinnamon Roll- Cereal & Grains, fruit & Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Chicken Noodle soup w/ Toasted cheese Sand Veggie, Fruit & Milk	14 <b>Breakfast</b> Blueberry Parfait- Cereal & Grains, fruit & Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Soft Chicken Taco's Seasoned Rice & Beans Veggie, Fruit & Milk	15 <b>Breakfast</b> French Toast w/ Berries Cereals & Grains, Fruit & Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Stuffed Baked Potato w/ Roll Veggie, Fruit & Milk	16 <b>Breakfast</b> Cereal & Grains, Fruit & Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Chicken Nuggets scalloped Potatoes, Roll Veggie, Fruit & Milk <b>FRIDAY SCHOOL</b>
20 <b>Breakfast</b> Sausage & Cheese E-Muffin- Cereal & Grains, fruit & Milk <b>Lunch</b> <b>(only option)</b> Roasted Turkey w/ Mashed Potato & Gravy, Roll, Fruit, Salad, Dessert ,Milk	21 <b>Breakfast</b> Cereal Bar w/ Sun seeds Cereal & Grains, fruit & Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Hamburger w/ French Fries Veggie, Fruit & Milk	22 <b>Early Release Day</b> Cereal & Grains, Fruit & Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Pizza Veggie, Fruit & Milk	23  <b>NO SCHOOL            THANKSGIVING</b>
27 <b>Breakfast</b> Yogurt, String cheese, Granola Cereal & Grains, fruit & Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Chili w/ Cornbread Veggie, Fruit & Milk	28 <b>Breakfast</b> Bagel w/ Cream Cheese- Cereal & Grains, fruit & Milk Fruit & Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Lasagna w/ Texas Toast Green Beans Veggie, Fruit & Milk	29 <b>Breakfast</b> Cereals & Grains, Fruit & Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Meat Ball Sub w/ Cheese & Marinara, Chips Veggie, Fruit & Milk	30 <b>Breakfast</b> Cereal w/ Fruits and Grains, Milk <b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Chicken Burger w/ FF Veggie, Fruit & Milk

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