

February 2023


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
	February 14th is Oregon's 164th Birthday Look for the States Vanilla Crackers at Breakfast to celebrate!!	1 Breakfast Breakfast Pizza- Veggie, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Meat Spaghetti w/ Tx Toast Green Beans Veggie, Fruit & Milk	2 Breakfast Lunch <i>Sandwiches & Salads daily</i> Beef & Bean Tostada w/ Refried beans & Chips Veggie, Fruit & Milk
6 Breakfast Warm Waffle- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Soft Pretzel & Cheese w/ Crackers & PB cup Veggie, Fruit & Milk	7 Breakfast Chocolate Oat Bar- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Bean & Cheese Burrito w/ Corn Chips & RF Beans , Corn Veggie, Fruit & Milk	8 Breakfast Overnight oats w/ Berries- Cereal & Grains, fruit & Milk Veggie, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Orange Chicken w/ Vegetable Fried Rice, Veggie Egg Roll Veggie, Fruit & Milk	9 Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Homemade Ham & Potato Soup w/ Grilled Cheese Sand Veggie, Fruit & Milk
13 Breakfast Donut w/ Glaze or Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> BBQ Pork Rib Sand w/ FF Coleslaw Veggie, Fruit & Milk	14 Breakfast Blueberry Parfait- <i>With States Crackers</i> Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Crunchy Beef Taco's Seasoned Rice & Beans Veggie, Fruit & Milk	15 Breakfast French Toast w/ Berries Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Cheesy Chicken Pizza Sub w/ Chips Veggie, Fruit & Milk	16 Breakfast Cereals & Grains, Fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chili Dogs w/ FF Veggie, Fruit & Milk
20 Breakfast Sausage & Cheese E-Muffin- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Homemade Chicken Noodle Soup w/ Toasted Cheese Sand Veggie, Fruit & Milk	21 Breakfast Cereal Bar w/ Sun seeds Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Corn Dog w/ Pasta Salad Veggie, Fruit & Milk	22 Breakfast Fresh Cinnamon Roll- Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Pizza Veggie, Fruit & Milk	23 Breakfast Cereal w/ Fruits and Grains, Milk Lunch <i>Sandwiches & Salads daily</i> Chicken Burger w/ Baked Beans Veggie, Fruit & Milk
27 Breakfast Yogurt, String cheese, Granola Cereal & Grains, fruit & Milk Lunch <i>Sandwiches & Salads daily</i> Chili w/ Cornbread Veggie, Fruit & Milk	28 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		

This institution is an equal opportunity provider.