

HICHBORN MIDDLE SCHOOL

DECEMBER 2018

Monthly Average of Nutrients: Calories 708, Sodium 1252mg, Total Fat 29.9% & Sat Fat 9.5%.
 Essential grains & breadings are 50% or more whole grain.
 Skim, 1% white, choc, coffee & strawberry milk flavors. Salad bar & sandwich choices offered daily.
 Menus are subject to change w/o notice.

Monday

Chicken Wraps w/ Cheese & Ranch **3**
 Chicken Soup / Crackers
 Garden Salad / Chickpea Salad
 Crisp Apples
Bkfst: Sausage Breakfast Pizza

Tuesday

Shepherd's Pie **4**
 Warm Roll
 Beets
 Peaches
Bkfst: Bagel & Yogurt

Wednesday

BBQ Pork Sandwich **5**
 Potato Wedges
 Baked Squash
 Fruit Cocktail
Bkfst: Breakfast Sandwich

Thursday

Fish Nuggets **6**
 Cornbread
 Rice Pilaf / Spinach
 Seasoned Carrots
 Pears
Bkfst: Cinnamon Bun & Cheese Stick

Friday

Fresh Cheese & Pepperoni Pizza **7**
 Broccoli & Cheese Sauce
 Carrot sticks
 Orange/Pineapple Mix
Bkfst: Egg Wrap

Hot dog & Bun **10**
 Baked beans
 Cole Slaw / Fresh Onion
 Pretzel Twists
 Fruit Cocktail
Bkfst: Pancake on a Stick

Cheeseburgers **11**
 Tater tots
 Garden Greens Salad
 Cucumber Wedges
 Pears
Bkfst: Sausage Breakfast Pizza

Roast Turkey/Stuffing/Roll **12**
 M. Potato & Gravy
 Baked Squash / Peas
 Cranberry Sauce / Apples
 Pumpkin Dessert
Bkfst: Banana Bread

Creamy Mac' & Cheese **13**
 Warm Roll
 Seasoned Carrots
 Buttered Green Beans
 Crisp Grapes
Bkfst: P/B Uncrustable

Fresh Pizza **14**
 Broccoli Salad
 Cucumber Slices
 Carrot Sticks & Dip
 Oranges
Bkfst: Breakfast Combo Bar

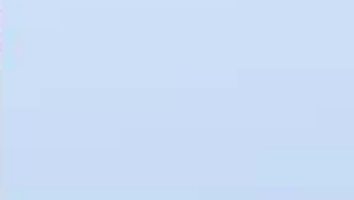
Tacos & Fixin's **17**
 Rice Pilaf
 Corn/Salsa/Black Beans
 Lettuce/Tomatoes/Peppers
 Peaches
Bkfst: Sausage Breakfast Pizza

Pancakes & Sausage **18**
 Maple Syrup
 Hash-brown Patty
 Carrot Sticks
 Warm Cinnamon Applesauce
Bkfst: Muffins & Yogurt

Spaghetti & Meat Sauce **19**
 Seasoned Green beans
 Broccoli / Garlic Bread
 Bananas
Bkfst: French Toast Sticks

Calzones **20**
 Dipping Sauce
 Rainbow Pepper Strips
 Carrot Sticks & dip
 Pears
Bkfst: Banana Bread

Chicken Patty & Bun **21**
 Oven Fries
 Crisp Lettuce & tomatoes
 Cauliflower
 Fruit Cocktail
Bkfst: Breakfast Sandwich



Hichborn Middle School offers the Community Eligibility Provision program which allows us to provide free breakfast and lunch to all enrolled students. Students are required to take 3 of the 5 food groups/meal components offered, one must be a fruit or vegetable. HMS was also awarded the Fresh Fruit & Vegetable Grant and will be providing a fresh fruit or vegetable snack daily at morning break.

"The Maine Department of Education and the USDA are equal opportunity providers and employers."

