

# HICHBORN MIDDLE SCHOOL

FEBRUARY 2019

Monthly Average of Nutrients: Calories 699, Sodium 1152mg, Total Fat 28.3% & Sat Fat 9.1%.  
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

Tuesday

Wednesday

Thursday

Friday

Breakfast Sandwich w/  
Egg & cheese & Bacon  
Hash-brown Potato  
Veggie stix & Dip  
Orange Smiles

4

Bkfst: Yogurt Parfait

Creamy Mac' & Cheese  
Italian Bread  
Buttered Peas  
Harvard Beets  
Fruit Cocktail

5

Bkfst: Sausage Breakfast Pizza

Shepherd's Pie  
Warm roll  
Mixed Vegetables  
Cucumber sticks  
Applesauce

6

Bkfst: Banana Bread & Cheese Stick

Fresh Crust Pizza  
Garden Salad  
Carrot Sticks  
Orange/pineapple fruit mix

7

Bkfst: Breakfast Oatmeal Cookie

Chicken Nuggets  
Warm Roll  
M.Potato & Gravy / Corn  
Banana

1

Bkfst: Egg Wrap

Chicken Burger  
Plain or Spicy  
Sweet Potato Fries  
Crisp Lettuce & tomatoes  
Steamed Broccoli / Pears

8

Bkfst: French Toast Sticks

Taco & Fixin's  
Corn / Salsa / B.Beans  
Rice Pilaf  
Diced Peaches

11

Bkfst: Breakfast Combo Bar

Hamburger & Bun  
Tater Tots  
Garden Salad & Dressing  
Cucumber Slices  
Pears

12

Bkfst: Sausage Breakfast Pizza

Creamy Chicken Casserole  
Garlic Bread  
Seasoned Noodles  
Steamed Broccoli & Carrots  
Fruit Cocktail

13

Bkfst: Banana Bread & Cheese Stix

Pancakes & Sausage  
Hash-brown  
Carrot Sticks & Dip  
Spiced Applesauce

14

Bkfst: Breakfast Sandwich

Fresh Pizza  
Rainbow Pepper Strips  
Cucumber Slices  
Orange Smiles

15

Bkfst: French Toast Sticks



18



19



20



21



22

Hot Chicken Sandwich  
M. Potatoes & Gravy  
Buttered Peas & Squash  
Fruit Cocktail

25

Bkfst: Yogurt Parfait

Tasty Fish Sticks  
Anadama Bread / Rice Pilaf  
Seasoned Carrots  
Green Beans  
Orange Wedges

26

Bkfst: Sausage Breakfast Pizza

Creamy Chicken Alfredo  
Garlic Bread  
Caesar Salad  
Buttered Brussel Sprouts  
Diced Peaches

27

Bkfst: Pancake on a Stick

BBQ Pork 'Manwich'  
Sweet Potato Fries  
Veggie Sticks & Dip  
Applesauce

28

Bkfst: Egg Wrap

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."

