

# HICHBORN MIDDLE SCHOOL

## JUNE 2019

Monthly Average of Nutrients: Calories 708, Sodium 1152 mg, Total Fat 27.9% & Sat Fat 8.4%. 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

Fish Nuggets & Rolls **3**  
 Buttered Noodles  
 Fresh Steamed Spinach  
 Seasoned Carrots  
 Fruit Cocktail  
*Brkfst: Breakfast Hash-brown*

Chicken & Ranch Wrap **10**  
 Pasta Salad  
 Garden Greens Salad  
 Fresh Apples  
*Brkfst: Breakfast Hash-brown*

Deli Ham Sandwich **17**  
 Potato Chips  
 Veggie Sticks  
*Brkfst: Cereal or Cereal bars*

### Tuesday

Hamburger & Bun **4**  
 Potato Wedges  
 Roasted Corn  
 Lettuce & Tomato  
 Pears  
*Brkfst: Sausage Pizza*

BBQ Pulled Pork **11**  
 Sandwich  
 Baked Beans  
 Squash / Mixed Veggies  
 Strawberry Cup  
*Brkfst: Sausage Pizza*



**24** Summer feeding days **25**  
 At **ESS** start July 9<sup>th</sup> & run  
 Tuesday, Wednesday &  
 Thursday each week from  
 July 9<sup>th</sup> to August 1<sup>st</sup>

### Wednesday

**"Chef Karen's Choice"** **5**  
 Warm Roll  
 Green Beans/Chick-Pea salad  
 Caesar Salad  
 Peaches  
*Brkfst: To be announced*

Grilled Cheese **12**  
 Sandwich  
 Tomato Soup / Crackers  
 Veggie Sticks  
 Pears  
*Brkfst: To be announced*

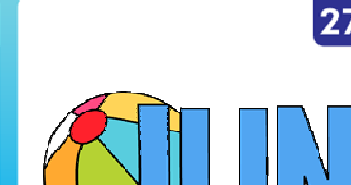
**19** Have a safe and  
 Restful summer!



### Thursday

Fresh Pizza **6**  
 Steamed Broccoli  
 Celery Sticks  
 Applesauce  
*Brkfst: Banana Bread & cheese stix*

Pancakes & Syrup **13**  
 Sausage Patty  
 Potato Hash-brown  
 Carrot Sticks  
 Strawberry cup  
*Brkfst: Cereal or Cereal bars*



### Friday

Deli Ham Sandwich **7**  
 Potato Salad  
 Veggie Sticks  
 Banana  
*Brkfst: Cinnamon Bun & Cheese stick*

Turkey Lunchables **14**  
 W / Cheese Stick  
 Goldfish Crackers  
 Carrot & Cucumber Sticks  
 Fruit Cocktail  
*Brkfst: Cereal or Cereal bars*

**21** Enjoy a summer  
 "kick-off" event at the park with  
 The Love Alliance group on  
 June 22<sup>nd</sup>

**27** **Love Alliance** Hall  
 et in Howland for  
 meal this summer on  
 beginning June 25<sup>th</sup> &  
 then July 9<sup>th</sup>, July 16<sup>th</sup>, July 23<sup>rd</sup>, &  
 July 30<sup>th</sup>

Hichborn Middle School offers the Community Eligibility Provision program which allows us to provide free breakfast and lunch to all enrolled students. To participate, students are required to take 3 of the 5 food groups/meal components offered, one must be a fruit or vegetable. HMS participates in the Fresh Fruit & Vegetable Grant program and provides a fresh fruit or vegetable snack daily at morning break.  
 "This institution is an equal opportunity provider"