

HICHBORN MIDDLE SCHOOL

MARCH 2019

Monthly Average of Nutrients: Calories 713, Sodium 1202mg, Total Fat 30% & Sat Fat 9.3%.
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



Spaghetti & Meat Sauce **4**
Seasoned Green Beans
Baked Squash / Roll
Diced Peaches

Bkfst: Yogurt & granola parfait

Tuesday



Grilled Cheese **5**
Creamy tomato soup
Crackers / Veggie Sticks
Applesauce

Bkfst: Sausage Breakfast Pizza

Wednesday



Fish Sticks & roll **6**
M. Potato & Gravy
Carrots / Green Beans
Oranges & Berry cup

Bkfst: French Toast Sticks

Thursday

Hamburger & Bun **7**
Tater tots
Buttered Corn
Fresh Lettuce & Tomatoes
Pears

Bkfst: Egg & Ham Combo Bar

Friday

Fresh Crust Pizza **1**
Broccoli Crowns
Cheese Sauce
Cucumber Stix & Dip
Oranges
Bkfst: Egg & Cheese breakfast wrap

Fresh Pizza **8**
Garden Greens Salad
Roasted Chick-Peas
Carrot Sticks
Fruit Cocktail
Bkfst: P/B Un-Crustable

Taco & Fixin's **11**
Corn / Salsa / Blk.Beans
Rice Pilaf
Diced Peaches

Bkfst: Pancake Sausage Stick

Hot Chicken Sandwich **12**
M. Potatoes & Gravy
Mixed veggies & Squash
Banana

Bkfst: Sausage Breakfast Pizza

Creamy Mac' & Cheese **13**
Roll / Buttered Peas
Seasoned Carrots
Strawberry cup

Bkfst: Banana Bread & Cheese stick

Popcorn Chicken **14**
Fresh Garden Salad
Corn Chowder & Crackers
Cornbread / Applesauce

Bkfst: Ultimate Breakfast Cookie



Pancakes & Sausage **18**
Hash-brown
Carrot Sticks & Dip
Pears

Bkfst: Yogurt & granola parfait

Fish Sticks **19**
Anadama Bread
Buttered Noodles
Seasoned Carrots
Green beans & Oranges

Bkfst: Sausage Breakfast Pizza

Oriental Chicken Stir Fry **20**
W/ Peppers & Onions
Rice Pilaf / Peas / Roll
Pineapple Mix

Bkfst: Egg & Ham Combo Bar

BBQ Pork or **21**
Sloppy Joes / Baked Beans
Potato Wedges / Squash
Blueberry Crisp

Bkfst: Cinnamon Bun & Cheese stick

Fresh Pizza **22**
Broccoli Crowns
Cheese Sauce
Carrots / Apples

Bkfst: P/B Un-Crustable

Deli Turkey Sandwich **25**
Pasta Salad / Baked Chips
Fresh Lettuce & Tomato
Fruit cocktail

Bkfst: French Toast Sticks

Cheeseburger **26**
Potato Wedges
Seasoned Carrots
Pears

Bkfst: Sausage Breakfast Pizza

Roast Turkey / Stuffing **27**
M. Potato & Gravy
Squash / Peas / Roll
Cranberry Sauce
Oranges

Bkfst: Banana Bread & Cheese stick

Fresh Pizza **28**
Garden Salad
Carrot Sticks
Orange & Pineapple Mix

Bkfst: Bagel & Cream Cheese

Chicken Burgers **29**
Fresh Chili / Crackers
Corn / Lettuce / Tomato
Peaches

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 participates in the Fresh Fruit & Vegetable Grant program and provides a fresh fruit or vegetable snack daily at morning break.

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

