

# AUG/SEPTEMBER 2019

Chicken Burger 8/27  
 Potato Wedges / Mixed Veggies  
 Fresh Salad Bar  
 Fruit Cocktail  
*Bkfst: Sausage Pizza*

Creamy Mac & Cheese 8/28  
 Warm Roll / Peas  
 Steamed broccoli  
 Strawberries  
*Bkfst: Yogurt Parfait*

Fresh Pizza 8/29  
 Garden Salad  
 Veggie Sticks / Chick Peas  
 Peaches & Apples  
*Bkfst: Banana Bread*

# HICHBORN MIDDLE SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2</p>	<p>3</p> <p>BBQ Pork Sandwich                      Sweet Potato Fries                      Creamy Cole Slaw                      Applesauce</p> <p><i>Rkfst: Sausage Pizza</i></p>	<p>4</p> <p>Spaghetti &amp; Meat Sauce                      Warm Garlic bread                      Roasted Summer Squash                      Green beans / Pears</p> <p><i>Rkfst: Muffins &amp; Cheese stick</i></p>	<p>5</p> <p>Chicken Nuggets                      Fresh Roll / Baked Beans                      Peas / Carrots                      Fruit Cocktail</p> <p><i>Rkfst: Breakfast Sandwich</i></p>	<p>6</p> <p>Fresh Hot Pizza                      Broccoli &amp; Cheese Sauce                      Fresh Cucumber Slices                      Orange Wedges</p> <p><i>Rkfst: Super Cinnamon Bun</i></p>
<p>9</p> <p>Tacos &amp; Fixin's                      Salsa / Rice Pilaf                      Sweet Corn / Black Beans                      Peaches</p> <p><i>Rkfst: Breakfast Hash-brown</i></p>	<p>10</p> <p>Creamy Chicken Alfredo                      Warm Roll                      Caesar Salad / Green beans                      Crisp Apples</p> <p><i>Rkfst: Sausage Pizza</i></p>	<p>11</p> <p>Hamburger &amp; Bun                      Chicken Veg Soup / Crackers                      Garden Greens Salad                      Pears</p> <p><i>Rkfst: French toast Sticks</i></p>	<p>12</p> <p>Breaded Fish Sticks                      Warm Cornbread                      M. Potato &amp; Gravy                      Fresh steamed Spinach / Carrots                      Pineapple</p> <p><i>Rkfst: Banana Bread</i></p>	<p>13</p> <p>Fresh Hot Pizza                      Pasta Salad / Veggie Sticks                      Broccoli Salad                      Oranges</p> <p><i>Rkfst: Banana Bread</i></p>
<p>16</p> <p>Shepherd's Pie                      Warm Roll                      Buttered Beets                      Fresh Grapes</p> <p><i>Rkfst: Banana Bread</i></p>	<p>17</p> <p>Breakfast Croissant                      Egg, Cheese &amp; Ham                      Hash-Brown /Veggie Sticks                      Fruit Cocktail</p> <p><i>Rkfst: Sausage Pizza</i></p>	<p><u>Teacher Training Dis: 12:00</u>                      Cheese or Pep. Pizza                      Carrot &amp; Cucumber Sticks &amp; dip                      Fresh Apples</p>	<p>19</p> <p>BBQ Chicken Breast                      Warm Roll / Cole Slaw                      Potato Salad / Corn                      Applesauce</p> <p><i>Rkfst: Pancakes on a stick</i></p>	<p>20</p> <p>Chicken Burger                      Sweet Potato Fries                      Fresh Salad Bar                      Peaches</p> <p><i>Rkfst: P/R Uncrustable</i></p>
<p>23</p> <p>Hamburger &amp; Bun                      Baked Beans / Pickles                      Garden Salad                      Pineapple Tidbits</p> <p><i>Rkfst: Breakfast Hash-brown</i></p>	<p>24</p> <p>Grilled Cheese Sandwich                      Tomato Soup &amp; Crackers                      Vegetable &amp; Salad Bar                      Banana</p> <p><i>Rkfst: Sausage Pizza</i></p>	<p>25</p> <p>Roast Turkey &amp; Stuffing                      Warm Roll / Peas / Squash                      M. Potato &amp; Gravy                      Applesauce</p> <p><i>Rkfst: P/R Uncrustable</i></p>	<p>26</p> <p>American Chop Suey                      Fresh Biscuit                      Green beans / Spinach                      Pears</p> <p><i>Rkfst: Muffins &amp; Cheese stick</i></p>	<p>27</p> <p>Calzones &amp; Dipping Sauce                      Fruit &amp; Veggie Bar                      Peaches</p> <p><i>Rkfst: Banana Bread</i></p>
<p>30</p> <p>Pancakes &amp; Syrup                      Sausage Patty                      Hash-brown / Veggie Bar                      Oranges</p> <p><i>Rkfst: Breakfast Wran</i></p>	<p>Monthly Average of Nutrients: Calories 695, Sodium 1165mg, Total Fat 29.8% &amp; Sat Fat 9.0%. Essential grains &amp; breadings are 50% or more whole grain. Skim, 1% white, FF, choc., &amp; strawberry milk flavors. Salad bar &amp; sandwich choices offered daily. Menus are subject to change w/o notice</p>			

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/components offered, one **must be** a fruit or vegetable. HMS was awarded the Fresh Fruit & Vegetable Grant and provides fresh snacks at

