

HICHBORN MIDDLE SCHOOL

MAY 2019

Monthly Average of Nutrients: Calories 732, Sodium 1239 mg, Total Fat 29.5% & Sat Fat 8.9%. 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



Chicken Nuggets
Anadama Bread
Sweet Potato Fries
Peas
Applesauce
Brkfst: Breakfast Hashbrown

Hamburger & Bun
Tater Tots
Roasted Corn
Lettuce & tomato slices
Pears
Brkfst: Sausage Pizza

Fish Nuggets
Cornbread
Buttered Noodles
Spinach / Carrots
Orange Pineapple Mix
Brkfst: Cinnamon Bun & Cheese stick

BBQ Pork Sandwich
Baked Beans
Seasoned Squash
Fresh Apples
Brkfst: French Toast sticks

Fresh Crust Pizza
Cole Slaw
Celery Sticks & Dip
Fruit Cocktail
Brkfst: P/B Un-crustable

Hot Chicken Sandwich
M. Potato & Gravy
Seasoned Squash
Cranberry Sauce
Peaches
Brkfst: Breakfast Hashbrown

Deli Ham Sandwich
Potato Wedges
Celery & Cucumber sticks
Banana
Brkfst: Sausage Pizza

Spaghetti & Meat Sauce
Bread stick
Green Beans
Seasoned Peas
Pears
Brkfst: P/B Un-crustable

Grilled Cheese Sandwich
Tomato Soup
Crackers
Vegetable Sticks
Applesauce
Brkfst: French Toast sticks

Fresh Crust Pizza
Garden Fresh Salad
Chick-Pea Salad
Carrot Sticks
Fruit Cocktail
Brkfst: Breakfast cookie & cheese stick

Tacos & Fixin's
Rice Pilaf
Seasoned Corn
Black Beans / Salsa
Peaches
Brkfst: Breakfast Hashbrown

Chicken Wrap w/
Cheese & Ranch
Pasta Salad / Garden Salad
Roasted Chick-Peas
Fresh Apples
Brkfst: Sausage Pizza

Chicken Burgers
Plain or Spicy
Potato Wedges
Mixed Vegetables
Fruit Cocktail
Brkfst: Muffin & Cheese Stick

Fresh Pizza
Garden Greens Salad
Celery Sticks & Dip
Pears
Brkfst: P/B Un-crustable

Egg Mc-Howler
Hash-Brown Potato
Veggie Sticks & Dip
Orange Wedges
Brkfst: Banana Bread & cheese stix



Warm Pancakes & Syrup
Sausage Patty
Hash-Brown Potato
Carrot sticks
Watermelon
Brkfst: Sausage Pizza

Warm Pancakes & Syrup
Sausage Patty
Hash-Brown Potato
Carrot sticks
Watermelon
Brkfst: Sausage Pizza

Creamy Macaroni & Cheese
Steamed Broccoli
Seasoned Peas / Warm Roll
Strawberry/Blueberry Cup
Brkfst: Yogurt Parfait

Fish Nuggets
Anadama Bread
M. Potato & Gravy
Carrots & Green Beans
Applesauce
Brkfst: French Toast sticks

Calzones & Dipping
Sauce
Caesar Salad & Croutons
Veggie Sticks
Pears
Brkfst: Banana Bread & cheese stix

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"