



HICHBORN MIDDLE SCHOOL

AUGUST - SEPTEMBER 2017

Monthly Average of Nutrients: Calories 704,
Sodium 1211 mg, Total Fat 29.7% & Sat Fat 8.5%
Menus are subject to change w/o notice.
Essential grains & breadings are 50% or more whole grain.
Skim, 1% white, FF choc. Coffee & strawberry flavors.

Monday

FREE MEALS TO ALL STUDENTS
BREAKFAST AND LUNCH
TO PARTICIPATE CHILDREN MUST TAKE a ½
CUP OF FRUIT OR VEGETABLE AT BOTH
MEALS AND AT LEAST 2 OTHER ITEMS PER
THE USDA'S FEDERAL MEAL REQUIREMENTS

LABOR DAY

Tuesday

Wednesday

Thursday

Friday

Chicken Patty & Bun
Smiley Fries / Corn
Lettuce & Tomato
Watermelon Slices

Bkfst: French Toast Sticks

Spaghetti & Meatsauce
Warm Roll / Green beans
Celery Sticks / Pears

Bkfst: Yogurt Cup & Crackers

Cheese/Pepperoni **1**
Pizza / Caesar Salad
Cucumber stix / Chickpea Salad
Applesauce

Bkfst: Combo Bar

4 Tacos & Fixings
Rice Pilaf / Black Beans/ Corn
Lettuce/Peppers/Tomatoes
Salsa & Peaches

Bkfst: Sausage Pizza

5 Creamy Macaroni
& Cheese
Broccoli & Green Beans
Warm Blueberry Crisp

Bkfst: Cheese stick & Cereal

6 Hamburger & Bun
Potato Salad / Pickles
Lettuce & Tomatoes
Oven Grilled Peppers & Onions
Fresh Orange Wedges

Bkfst: Super Cinna Bun

7 Fresh Pizza, cheese/pep **8**
Garden Greens Salad
Carrot sticks & dip
Baked Apples & Cinnamon

Bkfst: Pancake on a Stick

11 Pancakes & Syrup
Sausage Patty
Hash brown Potato
Veggie Sticks / Pears

Bkfst: Bagel & Cream Cheese

12 Shepherd's Pie
Warm Roll
Seasoned Beets
Fresh Apples

Bkfst: Egg Wrap

13 TT Early Release 12:00 PM
Deli Ham Sandwich
SmartPop Popcorn
Carrot & Cucumber Sticks
Banana

Bkfst: Waffle Sticks

14 Chicken & Ranch Wrap
w/ Cheese
Seasoned Peppers & Onions
Buttered Corn/Sweet Potato FF
Orange Wedges

Bkfst: Yogurt Cup & Crackers

15 Fresh Pizza cheese/pep
Steamed Broccoli &
Cheese Sauce
Salad Bar fruit & veggies
Pineapple Mix

Bkfst: Cheese stick & Muffin

18 Sloppy Joe's
Or Tuna Sandwich
Oven Crisp Fries
Squash
Fruit Cocktail

Bkfst: Sausage Pizza

19 Creamy Chicken Alfredo
Warm Italian bread
Caesar salad / Brussel Sprouts
Crisp Grapes

Bkfst: French Toast Minis

20 Hot Dog & Bun
Baked Beans / Cole Slaw
4 Bean Salad / Diced Onion
Banana

Bkfst: Yogurt Cup & Crackers

21 Roast Pork & Gravy
Mashed Potato / Turnip
Peas / Warm roll
Cherry Crisp

Bkfst: Banana Bread & fruit

22 Fresh Pizza cheese/pep
Garden Salad w/Romaine
Carrot Sticks, Trail Mix &
Pineapple

Bkfst: Combo Bar

25 Toasted Cheese Sandwich
Tomato soup / Crackers
Broccoli Salad / Cucumber stix
Pears

Bkfst: Sausage Pizza

26 BBQ Pork Sandwich
Sweet Potato Wedges
Baked Beans / Buttered Corn
Watermelon

Bkfst: Muffin & Cereal

27 Chicken Nuggets
Warm cornbread
Mashed Potato & Gravy
Peas / Applesauce

Bkfst: Breakfast Sandwich

28 Tuna & Noodles
Warm Italian Bread
Buttered Spinach / Peas
Fresh Orange Wedges

Bkfst: Yogurt Cup & Crackers

29 Fresh Calzones
Pasta Salad
Carrot & Cucumber Stix
Peaches

Bkfst: Mini Waffles

Fresh Fruit & Vegetables (FFVP) are offered daily as part of the **USDA's FFVP** grant program. Delivery times may vary either 9:20 AM or 10:48 AM during homeroom.

Breakfast "GRAB & GO" served daily in the HMS lobby @ 7:45 AM to start of school to eat then or save for break.

All menus are subject to change without notice.

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