

# JANUARY 2019

## Hines Middle School Breakfast and Lunch Menu

Lunch – **\$2.90-paid & 0¢-reduced** □ **Extra Milk– 45¢** or juice – **45¢**

Lunch includes: Entrée sandwiches and salads, salad bar with fruits, vegetables, breads, grains , Oregon Milk

**Breakfast - \$1.75 paid & 0¢ – reduced in the Cafeteria.** Menu is subject to change

Some items may contain nuts.

*Food allergies need to be documented by a licensed doctor and a copy sent to the kitchen.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>NEW YEAR'S EVE</b>	1 <b>NO SCHOOL</b>	2 <b>Breakfast</b> Assrt Cereals & Grains, fruits & Milk <i>Hot:</i> Pancake w/ 4oz Yogurt <b>Lunch</b> <u><b>Sandwiches &amp; Salads Daily</b></u> Meat Lasagna w/ TX Toast Seasoned Green Beans	3 <b>Breakfast</b> Assrt Cereals & Grains, fruit & Milk <i>Hot:</i> Breakfast Burrito <b>Lunch</b> <u><b>Sandwiches &amp; Salads Daily</b></u> WG Stuff Crust Pepperoni Pizza
7 <b>Breakfast</b> Assrt Cereals & Grains, fruits & Milk <i>Hot:</i> Cheesy Eggs & H-Brown <b>Lunch</b> <u><b>Sandwiches &amp; Salads Daily</b></u> WG Chicken Burger Seasoned Baked Beans	8 <b>Breakfast</b> Assrt Cereals & Grains, fruits & Milk <i>Hot:</i> Cherry Fundal w/ String Cheese <b>Lunch</b> <u><b>Sandwiches &amp; Salads Daily</b></u> Beef Tostada bowl w/ Beans & Mexi Rice	9 <b>Breakfast</b> Assrt Cereals & Grains, fruits & Milk Fruity Yogurt Parfait w/ Granola <b>Lunch</b> <u><b>Sandwiches &amp; Salads Daily</b></u> Pepper Jack Cheese Burger w/ Chips Potato Salad	10 <b>Breakfast</b> Assrt Cereals & Grains, fruits & Milk WG Donut's <b>Lunch</b> <u><b>Sandwiches &amp; Salads Daily</b></u> Breaded Pork Patty w/ Gravy & Mashed Potato w/ Roll
14 <b>Breakfast</b> Assrt Cereals & Grains, fruits & Milk Assorted Muffins w/ Fruit <u><b>Sandwiches &amp; Salads Daily</b></u> Breaded Cheese Stix w/ Marinara & Pasta Salad	15 <b>Breakfast</b> Assrt Cereals & Grains, fruits & Milk WG Waffles w/ Fresh Fruit <b>Lunch</b> <u><b>Sandwiches &amp; Salads Daily</b></u> Crunchy Beef Taco's Corn	16 <b>Breakfast</b> Assrt Cereals & Grains, fruits & Milk <i>Hot:</i> Bagel w/ Cream Cheese <b>Lunch</b> <u><b>Sandwiches &amp; Salads Daily</b></u> Spaghetti w/ Meat Sauce TX Toast & Green Beans	17 <b>Breakfast</b> Assrt Cereals & Grains, fruits & Milk WG Donut's <u><b>Sandwiches &amp; Salads Daily</b></u> Hot Dog w/ Chili cup
21 <b>NO SCHOOL</b>  <b>MARTIN LUTHER KING, JR. DAY</b>	22 <b>Breakfast</b> Assrt Cereals & Grains, fruits & Milk <i>Hot:</i> Apple Frudel w/ String Cheese <b>Lunch</b> <u><b>Sandwiches &amp; Salads Daily</b></u> Super Nacho's w/ Beans & Cheese & Mexi Rice	23 <b>Breakfast</b> Assrt Cereal & Grains, Fruit & Milk <i>Hot:</i> Scrambled egg w/ Sausage <b>Lunch</b> <u><b>Sandwiches &amp; Salads Daily</b></u> Chicken Strips w/ Dipping sauces Potato Wedges	24 <b>Breakfast</b> Assrt Cereals & Grains, fruits & Milk WG Donut's <b>Lunch</b> <u><b>Sandwiches &amp; Salads Daily</b></u> Teriyaki Chicken w/ Vegetable Fried Rice
28 <b>Breakfast</b> Assrt Cereal & Grains, Fruit & Milk Yogurt w/ Granola & Fruit <b>Lunch</b> <u><b>Sandwiches &amp; Salads Daily</b></u> BBQ Pork Sand Pineapple Cole Slaw	29 <b>Breakfast</b> Assrt Cereal & Grains, Fruit & Milk Turkey & Cheese Waffle Sand <b>Lunch</b> <u><b>Sandwiches &amp; Salads Daily</b></u> Bean & Cheese Burrito Corn Salsa	30 <b>Breakfast</b> Assrt Cereal & Grains, fruit & Milk <i>Hot:</i> Soft Pretzel w/ 4oz Yogurt <b>Lunch</b> <u><b>Sandwiches &amp; Salads Daily</b></u> Meatballs w/ Gravy over Mashed Potato's	31 <b>Breakfast</b> Assrt Cereal & Grains, fruit & Milk WG Donuts <b>Lunch</b> <u><b>Sandwiches &amp; Salads Daily</b></u> WG Corn Dog w/ Baked Beans

**This institution is an equal opportunity provider.**

