



MIDDLE SCHOOL BREAKFAST MENU

APRIL 2025

Menu subject to change.

SPECIAL PROMOTIONS:



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Egg and Cheese English Muffin Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	Strawberry Nutri grain Bar Hard Boiled Egg and String Cheese Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	Pancakes with Syrup Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	Mango Yogurt Parfait Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk
7	8	9	10	11
Banana Muffin Goldfish Graham Craker Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	Breakfast Taco Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	Apple Cinnamon Nutri Grain Bar Hard Boiled Egg and String Cheese Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	French Toast Bites Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	Blueberry Yogurt Parfait Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk
14	15	16	17	18
Blueberry Muffin Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	Hot Honey Chicken Biscuit Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	Strawberry Nutri grain Bar Hard Boiled Egg and String Cheese Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	Pancakes with Syrup Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	No School
21	22	23	24	25
Banana Muffin Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	Egg and Cheese Quesadilla Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	Apple Cinnamon Nutri Grain Bar Hard Boiled Egg and String Cheese Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	French Toast Bites Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	Blueberry yogurt Parfait Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk
28	29	30		
Apple Cinnamon Muffin Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	Egg and Cheese English Muffin Assorted Whole Grain Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk	Strawberry Nutri grain Bar Hard Boiled Egg and String Cheese Assorted Cereal Assorted 100% Fruit Juices Whole Apple 1% White Milk Fat Free Chocolate Milk		

Daily menu items may contain "Allergens". For specific information regarding this, please visit [LINQ Connect](#) to locate the detailed school menu.

In accordance with Federal Law and the US Department of Agriculture Policy, this institution is prohibited from discrimination based on race, color, national origin, sex, age or disability.

STUDENT MEAL

1 Entrée,
Fruit & Veggie Bar
Choice of Fat-Free Chocolate Milk or 1% White Milk

QUESTIONS?

Contact Jonathan Crites
Food Service Director
critesj@hawthorn73.org

AT LEAST 1 CUP SERVING

Apple
Banana
Grapes
Oranges

ASSORTED WHOLE GRAIN CEREAL and CERAL BARS OFFERED:

Cheerios • Trix • Cocoa Puffs • Cinnamon Toast
Crunch



MIDDLE SCHOOL LUNCH MENU

APRIL 2025

Menu subject to change.

SPECIAL PROMOTIONS:

Tuesday, April 22
Earth Day Entree Plan Based Nachos



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Chicken Fajita Bowl Black Bean Fajita Bowl Mexican Street Corn Salad Bar Pineapple Strawberries 1% Milk Fat Free Chocolate Milk</p>	<p>2</p> <p>Meatball Sub Cheese Ravioli Steamed Broccoli Salad Bar Orange Wedges Honeydew Mellon 1% Milk Fat Free Chocolate Milk</p>	<p>3</p> <p>Chicken Nuggets Macaroni and Cheese Steamed Green Beans Salad Bar Fresh Banana Diced Peaches 1% Milk Fat Free Chocolate Milk</p>	<p>4</p> <p>Teriyaki Chicken Bowl Teriyaki Tofu with Broccoli</p> <p>Salad Bar Fresh Pear Fresh Apple 1% Milk Fat Free Chocolate Milk</p>
<p>7</p> <p>Popcorn Chicken Bowl Cheese Quesadilla Steamed Corn Salad Bar Applesauce Fresh Red Grapes 1% Milk Fat Free Chocolate Milk</p>	<p>8</p> <p>Mini Chicken Corn Dog Hummus and Veggies Steamed Green Beans Salad Bar Pineapple Strawberries 1% Milk Fat Free Chocolate Milk</p>	<p>9</p> <p>BBQ Rib Sandwich Sun butter and jelly Steamed Broccoli Salad Bar Orange Wedges Honeydew Mellon 1% Milk Fat Free Chocolate Milk</p>	<p>10</p> <p>Pancakes with Strawberry Topping Turkey Sausage Spinach and Berry Salad Salad Bar Fresh Banana Diced Peaches 1% Milk Fat Free Chocolate Milk</p>	<p>11</p> <p>Sweet and Sour Chicken Sweet and Sour Tofu</p> <p>Salad Bar Fresh Pear Fresh Apple 1% Milk Fat Free Chocolate Milk</p>
<p>14</p> <p>Spaghetti with Meatballs Spaghetti with Plant Based Sauce Steamed Broccoli Salad Bar Applesauce Fresh Red Grapes 1% Milk Fat Free Chocolate Milk</p>	<p>15</p> <p>Beef Tacos Vegetarian Burrito Bowl Seasoned Black Beans Salad Bar Pineapple Strawberries 1% Milk Fat Free Chocolate Milk</p>	<p>16</p> <p>BBQ Boneless Wings Grilled Cheese Steamed Corn Salad Bar Orange Wedges Honeydew Mellon 1% Milk Fat Free Chocolate Milk</p>	<p>17</p> <p>Cheese Tortellini Bacon Turkey and Cheese Wrap Ranch Roasted Broccoli Salad Bar Fresh Banana Diced Peaches 1% Milk Fat Free Chocolate Milk</p>	<p>18</p> <p>No School</p>
<p>21</p> <p>Chicken Nuggets Macaroni and cheese Seasoned Black Beans Salad Bar Applesauce Fresh Red Grapes 1% Milk Fat Free Chocolate Milk</p>	<p>22</p> <p>Beef Nachos Plant Based Nachos Seasoned Black Beans Salad Bar Pineapple Strawberries 1% Milk Fat Free Chocolate Milk</p>	<p>23</p> <p>Chicken Alfredo Penne Penne with Alfredo Steamed Broccoli Salad Bar Orange Wedges Honeydew Mellon 1% Milk Fat Free Chocolate Milk</p>	<p>24</p> <p>Homemade French Toast Spinach Berry Salad Hashbrown Round Salad Bar Fresh Banana Diced Peaches 1% Milk Fat Free Chocolate Milk</p>	<p>25</p> <p>BBQ Chicken Sandwich Sun Butter and Jelly Baked Beans Salad Bar Fresh Pear Fresh Apple 1% Milk Fat Free Chocolate Milk</p>
<p>28</p> <p>Chicken Corn Dog Cheese Ravioli Steamed Broccoli Salad Bar Applesauce Fresh Red Grapes 1% Milk Fat Free Chocolate Milk</p>	<p>29</p> <p>Chicken Fajita Bowl Black Bean Fajita Bowl Mexican Street Corn Salad Bar Pineapple Strawberries 1% Milk Fat Free Chocolate Milk</p>	<p>30</p> <p>Meatball Sub Garden Salad with Roll Salad Bar Orange Wedges Honeydew Mellon 1% Milk Fat Free Chocolate Milk</p>		

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STUDENT MEAL

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Fruit & Veggie Bar
Choice of Fat-Free Chocolate Milk or 1% White Milk

QUESTIONS?

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Food Service Director
critesj@hawthorn73.org

SEASONAL FRUITS OFFERED

AT LEAST 1 CUP SERVING

Apple Applesauce
Banana Orange
Peaches Pineapple
Pear Cantaloupe

SEASONAL VEGGIES OFFERED

AT LEAST 1 CUP SERVING

Romaine Lettuce
Cucumbers
Celery Tomatoes
Carrots Broccoli

PIZZA OFFERED

Cheese
Pepperoni
Roasted Vegetable