

# SEPTEMBER

## Hurst Junior High Grab-N-Go

2024



**BREAKFAST:** Student \$2.25 • Adult: a la carte    **LUNCH:** Student \$3.65 • Reduced \$0.40 • Adult: \$5.25

**BREAKFAST:** Pop Tart & Cereal offered daily. Includes choice of milk.    **LUNCH:** Includes entrée, vegetable, fruit & choice of milk.



<p><b>3 BREAKFAST</b> Mini French Toast <b>OR</b> Pop Tart &amp; Cereal Craisins Fruit Juice</p> <p><b>LUNCH</b> Hamburger/ Cheeseburger <b>OR</b> Hot Dog w/ Chili &amp; Cheese <b>OR</b> Strawberry Yogurt Parfait w/ Muffin French Fries Baked Beans Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>4 BREAKFAST</b> Yogurt Cup &amp; Grahams <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Chicken Tenders <b>OR</b> Steak Fingers Wheat Roll <b>OR</b> Grilled Cheese Sand. <b>OR</b> Italian Sub Sandwich Mashed Potatoes w/Cream Gravy Bahama Blend Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>5 BREAKFAST</b> Cinnamon Toast Crunch Filled Pastry <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Beef Lasagna <b>OR</b> Breaded Drumstick Garlic Toast <b>OR</b> Crispy Caesar Chicken Wrap <b>OR</b> Mango Yogurt Parfait w/ Muffin Green Beans Whole Kernel Corn Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>6 BREAKFAST</b> *Breakfast Taco w/ Egg &amp; Bacon <b>OR</b> Pop Tart &amp; Cereal Craisins, Fruit Juice</p> <p><b>LUNCH</b> Pepperoni Pizza/ Cheese Pizza <b>OR</b> Hot/Spicy Chicken Sandwich <b>OR</b> Turkey/Cheese Sub Sandwich <b>OR</b> Blueberry Yogurt Parfait w/ Muffin French Fries Steamed Broccoli Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>	
<p><b>9 BREAKFAST</b> Cinnamon Roll &amp; String Cheese <b>OR</b> Pop Tart &amp; Cereal Craisins Fruit Juice</p> <p><b>LUNCH</b> Beef/Cheese Nachos <b>OR</b> Hot/Spicy Chicken Sandwich <b>OR</b> Strawberry Yogurt Parfait w/ Muffin Refried Beans French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>10 BREAKFAST</b> Mini Waffles <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Hamburger/ Cheeseburger <b>OR</b> Breaded Mozzarella Cheese Sticks w/ Dip <b>OR</b> Crispy Buffalo Chicken Salad w/ Flatbread <b>OR</b> Turkey &amp; Cheese Wrap French Fries Corn on the Cob Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>11 BREAKFAST</b> Breakfast Pizza <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Chicken Tenders <b>OR</b> Chicken Fried Steak Wheat Roll <b>OR</b> Italian Sub Sandwich <b>OR</b> Blueberry Yogurt Parfait w/ Muffin Mashed Potatoes w/Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>12 BREAKFAST</b> French Toast &amp; Sausage <b>OR</b> Pop Tart &amp; Cereal Raisels Fruit Juice</p> <p><b>LUNCH</b> Chicken Alfredo w/ Wheat Roll <b>OR</b> Fiestada Pizza <b>OR</b> Cold Cut Combo Sub Sandwich <b>OR</b> Fruit/Cheese Plate Steamed Broccoli Crinkle Cut Carrots Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>13 BREAKFAST</b> Chocolate Filled Crescent <b>OR</b> Pop Tart &amp; Cereal Craisins, Fruit Juice</p> <p><b>LUNCH</b> Pepperoni Pizza/ Cheese Pizza <b>OR</b> Crispy Chicken Sandwich <b>OR</b> Ham/Cheese Sub <b>OR</b> Mango Yogurt Parfait w/ Muffin Whole Kernel Corn French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>

\*Contains Pork

Fresh fruit offered daily

Menu Subject to change due to product availability



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.



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<p><b>16 BREAKFAST</b> Sausage Breakfast Sandwich on Hawaiian Roll <b>OR</b> Pop Tart &amp; Cereal Craisins, Fruit Juice</p> <p><b>LUNCH</b> Mango/Habanero Crispy Chicken Bites w/ Wheat Roll <b>OR</b> BBQ Beef Rib Sandwich <b>OR</b> Strawberry Yogurt Parfait w/ Muffin California Blend French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>17 BREAKFAST</b> Mini Pancakes <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Hamburger/Cheesy Cheeseburger <b>OR</b> Cheese Enchiladas w/ Mexican Rice <b>OR</b> Crispy Chicken Salad w/ Flatbread <b>OR</b> Cold Cut Sub Sandwich French Fries Corn on the Cob Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>18 BREAKFAST</b> Cream Cheese Filled Bagel <b>OR</b> Pop Tart &amp; Cereal Craisins, Fruit Juice</p> <p><b>LUNCH</b> Chicken Tenders <b>OR</b> Chicken Fried Steak Wheat Roll <b>OR</b> Ham/Cheese Sub Sandwich <b>OR</b> Mandarin Orange Yogurt Parfait w/ Muffin Mashed Potatoes w/Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>19 BREAKFAST</b> Chicken Biscuit Sandwich <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> *Pepperoni Calzone/Cheese Calzone w/ Marinara Dip <b>OR</b> Crispy Chicken Sandwich <b>OR</b> Turkey/Cheese Wrap <b>OR</b> Blueberry Yogurt Parfait w/ Muffin French Fries Steamed Broccoli Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>20 BREAKFAST</b> Cinnamon Donut w/ String Cheese <b>OR</b> Pop Tart &amp; Cereal Craisins, Fruit Juice</p> <p><b>LUNCH</b> Pepperoni Pizza/Cheese Pizza <b>OR</b> Chicken Tetrizzini w/ Wheat Roll <b>OR</b> Italian Sub Sandwich <b>OR</b> Crispy Buffalo Chicken Wrap French Fries Whole Kernel Corn Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>
<p><b>23 BREAKFAST</b> Mini French Toast <b>OR</b> Pop Tart &amp; Cereal Craisins Fruit Juice</p> <p><b>LUNCH</b> Beef/Cheese Nachos <b>OR</b> Hot/Spicy Chicken Sandwich <b>OR</b> Strawberry Yogurt Parfait w/ Muffin Refried Beans French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>24 BREAKFAST</b> Breakfast on a Stick <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Hamburger/Cheeseburger <b>OR</b> Fiestada Pizza <b>OR</b> Crispy Chicken Salad w/ Flatbread <b>OR</b> Fruit &amp; Cheese Plate w/ Muffin French Fries California Blend Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>25 BREAKFAST</b> Mini Cinnis <b>OR</b> Pop Tart &amp; Cereal Craisins Fruit Juice</p> <p><b>LUNCH</b> Chicken Tenders <b>OR</b> Steak Fingers Wheat Roll <b>OR</b> Grilled Cheese Sand. <b>OR</b> Italian Sub Sandwich Mashed Potatoes w/Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>26 BREAKFAST</b> Fruit Filled Frudel Strudel <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Spaghetti w/ Meat Sauce w/ Garlic Toast <b>OR</b> Crispy Chicken Sand. <b>OR</b> Ham/Cheese Sub <b>OR</b> Mandarin Orange Yogurt Parfait w Muffin French Fries Whole Kernel Corn Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>27 BREAKFAST</b> Chicken n-Waffles <b>OR</b> Pop Tart &amp; Cereal Craisins, Fruit Juice</p> <p><b>LUNCH</b> Pepperoni Pizza/Cheese Pizza <b>OR</b> Sweet Sour Chicken w/ Rice and Roll <b>OR</b> Crispy Chicken Caesar Wrap <b>OR</b> Turkey/Ham/Cheese Sub Sandwich French Fries Steamed Broccoli Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>

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