

# GRAB-N-GO

## HURST JUNIOR HIGH

November



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

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

<p><b>4 BREAKFAST</b> Mini French Toast <b>OR</b> PopTart &amp; Cereal Craisins Fruit Juice <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>5 BREAKFAST</b> English Muffin Sand. w/ Egg &amp; Cheese <b>OR</b> PopTart &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> Hamburger/Cheeseburger <b>OR</b> Chicken/Cheese Quesadilla <b>OR</b> Crispy Chicken Salad w/ Flatbread <b>OR</b> Blueberry Yogurt Parfait w/ Muffin French Fries California Blend Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>6 BREAKFAST</b> Cinnamon Crumb Loaf <b>OR</b> PopTart &amp; Cereal Craisins, Fruit Juice <b>LUNCH</b> Chicken Nuggets <b>OR</b> Steak Fingers Wheat Roll <b>OR</b> Grilled Cheese Sandwich <b>OR</b> *Turkey Club Wrap Mashed Potatoes w/Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>7 BREAKFAST</b> Bagel filled w/ Creams Cheese <b>OR</b> PopTart &amp; Cereal Raisels Fruit Juice <b>LUNCH</b> Chicken Alfredo w/ Wheat Roll <b>OR</b> Fiestada Pizza <b>OR</b> Turkey/Ham/Cheese Salad w/Flatbread <b>OR</b> Fruit/Cheese Plate w/ Muffin Steamed Broccoli French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>8 BREAKFAST</b> Chicken Biscuit Sandwich <b>OR</b> PopTart &amp; Cereal Craisins, Fruit Juice <b>LUNCH</b> Pepperoni Pizza/Cheese Pizza <b>OR</b> Crispy Chicken Sandwich <b>OR</b> Italian Sub Sandwich <b>OR</b> Mango Yogurt Parfait w/ Muffin Whole Kernel Corn French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>
<p><b>11 BREAKFAST</b> Cinnamon Roll &amp; String Cheese <b>OR</b> PopTart &amp; Cereal Craisins Fruit Juice <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>12 BREAKFAST</b> Yogurt Cup &amp; Grahams <b>OR</b> PopTart &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> Hamburger/Cheeseburger <b>OR</b> Macaroni/Cheese w/ Fish Nuggets and Hushpuppies <b>OR</b> Crispy Buffalo Chicken Salad w/ Flatbread <b>OR</b> Turkey/Cheese Sub French Fries Green Beans Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>	<p><b>13 BREAKFAST</b> Breakfast Pizza <b>OR</b> PopTart &amp; Cereal Craisins, Fruit Juice <b>LUNCH</b> Chicken Tenders <b>OR</b> Chicken Fried Steak Wheat Roll <b>OR</b> Cold Cut Combo Sub Sandwich <b>OR</b> Blueberry Yogurt Parfait w/ Muffin Mashed Potatoes w/Cream Gravy Whole Kernel Corn Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>14 BREAKFAST</b> Choc. Filled Crescent <b>OR</b> PopTart &amp; Cereal Craisins, Fruit Juice <b>LUNCH</b> Soft BeefTacos w/ Mexican Rice <b>OR</b> Crispy Chicken Sandwich <b>OR</b> Ham/Cheese Sub Sandwich <b>OR</b> Fruit/Cheese Plate w/ Muffin Ranch Beans French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>15 BREAKFAST</b> *Sausage Rolls <b>OR</b> PopTart &amp; Cereal Craisins, Fruit Juice <b>LUNCH</b> Pepperoni Pizza/Cheese Pizza <b>OR</b> Hot/Dog w/ Chili &amp; Cheese <b>OR</b> *Turkey Club Sandwich <b>OR</b> Crispy Chicken Wrap Corn on the Cob 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

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## HURST JUNIOR HIGH

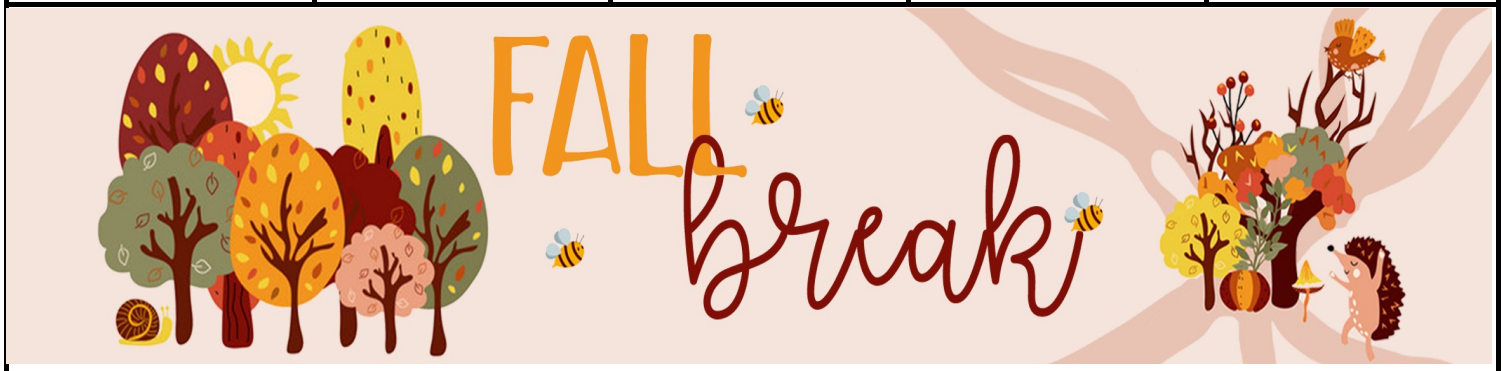
November



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

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<p><b>18 BREAKFAST</b> Mini Pancakes OR PopTart &amp; Cereal Craisins Fruit Juice</p> <p><b>LUNCH</b> Beef/Cheese Nachos OR Hot/Spicy Chicken Sandwich OR Strawberry Yogurt Parfait w/ Muffin Refried Beans French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>19 BREAKFAST</b> Cinnamon Donut &amp; String Cheese OR PopTart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Hamburger/Cheeseburger OR Breaded Mozzarella Cheese Sticks w/ Marinara Dip OR Crispy Caesar Chicken Wrap French Fries California Blend Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>20 BREAKFAST</b> French Tst. &amp; Sausage OR PopTart &amp; Cereal Craisins, Fruit Juice</p> <p><b>LUNCH</b> Tangerine Chicken w/ Seasoned Rice and Wheat Roll OR Fiestada Stuffed Sandwich OR Italian Sub Sand. OR Strawberry Yogurt Parfait w/ Muffin French Fries Steamed Broccoli Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>21 BREAKFAST</b> Fruit Filled Frudel Strudel OR PopTart &amp; Cereal Raisels, Fruit Juice</p> <p><b>THANKSGIVING LUNCH</b> Oven Roasted Turkey Breast OR Chicken Tenders Wheat Roll OR Blueberry Yogurt Parfait w/ Muffin Cornbread Stuffing Mashed Potatoes and Gravy Green Beans Fruit Cup Fruit Juice <b>Holiday Treat</b></p>	<p><b>22 BREAKFAST</b> Breakfast Grilled Cheese Sandwich OR PopTart &amp; Cereal Craisins Fruit Juice</p> <p><b>LUNCH</b> Pepperoni Pizza/Cheese Pizza OR Crispy Chicken Sandwich OR Turkey/Cheese Sub Sandwich French Fries Whole Kernel Corn Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>
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