

HANFORD ELEMENTARY SCHOOL DISTRICT

NOVEMBER 2024 BREAKFAST AND LUNCH MENU

Breakfast is served before school Monday through Friday from 7:20-7:50 a.m.

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
*Breakfast **LUNCH Low fat white and fat free chocolate milk are available with each meal but can also be purchased "a la carte" for \$.40 during lunch				1 NO SCHOOL TODAY
4 *Choice of Cereal Strawberry Banana Yogurt Pears/Juice/Milk **BBQ BEEF SANDWICH Baked Beans Salad/Carrots/Cauliflower Cantaloupe/Pineapple Mixzees Fruit Mix 1% Low Fat White Milk Chocolate Fat Free Milk Ranch/BBQ Sauce	5 *Bean and Cheese Breakfast Burrito Oranges/Juice/Milk Taco Sauce **TERIYAKI BEEF DIPPER W/STEAMED RICE Salad/Cauliflower Garbanzo Beans Cantaloupe/Oranges Mixzees Fruit Mix 1% Low Fat White Milk Chocolate Fat Free Milk Tiger Bite Crackers Ranch Dressing	6 *Breakfast Pizza Apples/Juice/Milk **BREAKFAST FOR LUNCH French Toast w/Cinnamon Oven Baked Potatoes Pork Sausage Patty Salad/Carrots/Jicama Cantaloupe/Mixed Fruit Mixzees Fruit Mix 1% Low Fat White Milk Chocolate Fat Free Milk Ranch/Syrup	7 *Mini Confetti Pancakes Applesauce/Juice/Milk **ROTINI PASTA Steamed Green Beans Wheat Dinner Roll Salad/Broccoli Cantaloupe/Pears Mixzees Fruit Mix 1% Low Fat White Milk Chocolate Fat Free Milk Jurassic World Crackers Ranch	8 *Cinnamon Roll Strawberry Banana Yogurt Apricots/Juice/Milk **TERIYAKI CHICKEN W/STEAMED RICE Wheat Dinner Roll Salad/Carrots/Broccoli Cantaloupe/Peaches Mixzees Fruit Mix 1% Low Fat White Milk Chocolate Fat Free Milk Ranch
11 NO SCHOOL TODAY	12 *Breakfast Crumb Cake Applesauce/Juice/Milk **TACO BURGER Shredded Cheese Lettuce/Tomatoes/Jicama Apples/Mixed Fruit Mixzees Fruit Mix 1% Low Fat White Milk Chocolate Fat Free Milk Tortilla Chips Ranch/Taco Sauce	13 *Breakfast Pizza Apples/Juice/Milk **ALL AMERICAN CHEESEBURGER Oven Baked Potatoes Lettuce/Tomatoes Garbanzo Beans Apples/Pears Mixzees Fruit Mix 1% Low Fat White Milk Chocolate Fat Free Milk Ranch/Ketchup/Mustard	14 *Mixed Berry Parfait Juice/Milk **TACO NADA Refried Beans Salad/Carrots/Cauliflower Apples/Peaches Mixzees Fruit Mix 1% Low Fat White Milk Chocolate Fat Free Milk Ranch/Taco Sauce	15 *French Toast w/Cinnamon Pork Patty Peaches/Juice/Milk **MACARONI AND CHEESE Wheat Dinner Roll Salad/Carrots/Cauliflower Apples/Pineapple Mixzees Fruit Mix 1% Low Fat White Milk Chocolate Fat Free Milk Cinnamon Elf Grahams Ranch
18 *Pancake w/Pork Sausage on a Stick Pineapple/Juice/Milk **MEATLOAF Steamed Corn Wheat Dinner Roll Salad/Carrots/Broccoli Honeydew/Mixed Fruit Mixzees Fruit Mix 1% Low Fat White Milk Chocolate Fat Free Milk Ranch	19 *Pan Dulce Peaches/Juice/Milk **SPAGHETTI W/ MEAT SAUCE Steamed Green Beans Garlic Bread Stick Salad/Carrots/Broccoli Honeydew/Peaches Mixzees Fruit Mix 1% Low Fat White Milk Chocolate Fat Free Milk Ranch	20 *Breakfast Pizza Apples/Juice/Milk **PICADILLO CON PAPPAS Corn Chips Salad/Jicama Garbanzo Beans Honeydew/Pears Mixzees Fruit Mix 1% Low Fat White Milk Chocolate Fat Free Milk Jurassic World Crackers Ranch/Taco Sauce	21 *French Toast Sticks Apricots/Juice/Milk/Syrup **CHICKEN NUGGETS Baked Beans Wheat Dinner Roll Salad/Carrots/Cucumbers Honeydew/Pineapple Mixzees Fruit Mix 1% Low Fat White Milk Chocolate Fat Free Milk Ranch/Ketchup	22 *Mini Bagel w/Beef Sausage and Cheese Pears/Juice/Milk **TURKEY GRAVY Whipped Potatoes Wheat Dinner Roll Salad/Cucumbers Honeydew/Mixed Fruit Mixzees Fruit Mix 1% Low Fat White Milk Chocolate Fat Free Milk Bug Bite Crackers Ranch
25 NO SCHOOL TODAY	26 NO SCHOOL TODAY	27 NO SCHOOL TODAY	28 NO SCHOOL TODAY	29 NO SCHOOL TODAY

This institution is an equal opportunity provider

The Hanford Elementary School District participates in the National School Lunch and Breakfast Programs.

We are continuing to utilize the Community Eligibility Provision for the 2024-2025 School Year. Our HESD students receive Breakfast and Lunch free of charge. A variety of fresh fruits and vegetables are available at all school sites, and students can select healthful and nutritionally balanced foods to eat through "Offer vs Serve". During both breakfast and lunch students are required to take a minimum number of items which include a ½ cup of fruit or vegetables or combination of both with each meal. Low fat white and fat free chocolate milk are available with each meal but may be purchased "a la carte" for \$.40 during lunch only.

If your student would like to purchase a milk, we request that you pre-pay. For faster service, simply visit:

www.ezschoollpay.com

or need assistance with your students account, please contact us at 559-585-3666.

We hope you take advantage of this opportunity as we look forward to serving your student

If you have questions

MYPLATE GUIDE TO SCHOOL LUNCH

for Families



GRAINS

Whole grains give kids B vitamins, minerals, and fiber to help them feel fuller longer so they stay alert to concentrate at school.

VEGETABLES

A variety of vegetables helps kids get the nutrients and fiber they need for good health.



MILK

Low-fat (1%) or Fat-free milk. Children and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth and muscles.



PROTEIN FOODS

Meat, poultry, fish, dry beans, peas, eggs, nuts, and seeds provide many nutrients including protein and iron. Portion sizes are based upon the nutrition needs of children in various grade groups. School meals also allow cheese, tofu, and yogurt to count as the meat/meat alternate in the school lunch.

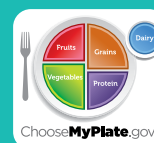


FRUITS

Every school lunch includes fruits as well as vegetables. Only ½ of the fruits offered may be 100% juice, since whole and cut-up fruits have more fiber.



Visit teamnutrition.usda.gov for additional tips and activities.



HOW DOES SCHOOL LUNCH HELP FAMILIES?



Provides a balanced meal

It meets one-third of the nutrition needs of most children for the day.



Helps kids learn where foods come from

Farm to school programs are in 42 percent of schools which increase kids access to locally produced foods and learning activities such as farmers' visits and school gardening.



Saves time

If you spend 10 minutes a day packing lunch, that adds up to 30 hours (1,800 minutes) each school year.



Supports learning at school

Research shows that kids with healthier eating patterns have better academic performance.

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“We grow fruits and vegetables in our school greenhouse, which are harvested and given to the cafeteria to serve on the salad bar. It’s great because the landscaping class gets involved, the leadership classes get involved, and even all the marketing plan classes get involved.”

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Nebraska student

HOW CAN FAMILIES HELP THEIR CHILDREN ENJOY SCHOOL LUNCH?

- Try new foods at home. Kids need many opportunities to taste a new food to “get used to it.”
- Talk with your child about what’s on the menu. Make sure he or she knows about all the foods that are included in his or her school.
- Eat lunch at school with your child. Learn more about what’s offered and meet school nutrition staff.
- Encourage your child or teen to join in taste-testing events or surveys about school lunch, when available.

Visit **Choosemyplate.gov/Families** for additional tips and activities for families.

The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day.

Learn more at: www.fns.usda.gov/nslp/national-school-lunch-program-nslp.

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