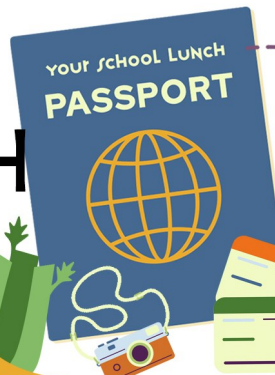


# october

## HURST JUNIOR HIGH

National School  
Lunch week  
October 13-17



**BREAKFAST:** Student \$2.25 • Adult: a la carte **LUNCH:** Student \$3.75 • Adult: \$5.75

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

<p><b>29 BREAKFAST</b> Chocolate Filled Crescent <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Chicken Alfredo w/ Garlic Toast <b>OR</b> BBQ Beef Rib Sandwich <b>OR</b> Strawberry Yogurt Parfait w/ Muffin Steamed Broccoli French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>30 BREAKFAST</b> *Breakfast Taco w/ Eggs &amp; Bacon <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> Grilled Cheese Sandwich <b>OR</b> Crispy Chicken Salad w/ Flatbread Bahama Blend French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>1 BREAKFAST</b> Swirled Breakfast Roll <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> Fruit/Cheese Plate w/ Muffin Mashed Potatoes w/Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>2 BREAKFAST</b> *Sausage Rolls <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Soft Beef Tacos w/ Mexican Rice <b>OR</b> Breaded Mozzarella Cheese Sticks w/ Dip <b>OR</b> Crispy Buffalo Chicken Wrap <b>OR</b> Ham/Cheese Sub Sandwich California Blend Refried Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>3 BREAKFAST</b> Filled Cinnamon Toast Crunch Bar <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Pepperoni Pizza/Cheese Pizza <b>OR</b> Crispy Chicken Sandwich <b>OR</b> *Turkey Club Wrap <b>OR</b> Blueberry Yogurt Parfait w/Muffin Whole Kernel Corn French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>
<p><b>6 BREAKFAST</b> Breakfast Pizza <b>OR</b> Pop Tart &amp; Cereal Raisels, 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>7 BREAKFAST</b> Chicken &amp; Waffles <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> State Fair Corn Dogs <b>OR</b> Hamburger/Cheeseburger <b>OR</b> Crispy Buffalo Chicken Salad w/ Flatbread <b>OR</b> Mango Yogurt Parfait w/ Muffin Corn on the Cob French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice <i>Fair Day Treat</i></p>	<p><b>8 BREAKFAST</b> Cinnamon Roll &amp; String Cheese <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Chicken Nuggets <b>OR</b> Steak Fingers Wheat Roll <b>OR</b> Grilled Cheese Sandwich <b>OR</b> Cold Cut Combo Sub Sandwich Mashed Potatoes w/Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>9 BREAKFAST</b> Mini Waffles <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Beef Lasagna <b>OR</b> Crispy Chicken Drumsticks <b>OR</b> Crispy Chicken Caesar Salad Wheat Roll <b>OR</b> Blueberry Yogurt Parfait w/ Muffin Steamed Broccoli Peas &amp; Carrots Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>10 BREAKFAST</b> Sausage/Cheese Biscuit Sandwich <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Pepperoni Pizza/Cheese Pizza <b>OR</b> Chilli Frito Pie w/ Texas Toast <b>OR</b> Turkey/Ham/Cheese Sub Sandwich <b>OR</b> Crispy Chicken Wrap Whole Kernel Corn Tater Tots 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.





# october HURST JUNIOR HIGH

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<div>join us for LUNCH</div> <div>NATIONAL school</div> <div>Lunch week</div> <div>October 13-17</div> <div></div>		<div>15</div> <div>BREAKFAST</div> <div>Mini French Toast</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Chicken Tenders</div> <div>OR</div> <div>Chicken Fried Steak Wheat Roll</div> <div>OR</div> <div>Strawberry Yogurt Parfait w/ Muffin Mashed Potatoes w/Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</div>	<div>16</div> <div>BREAKFAST</div> <div>Yogurt Cup &amp; Grahams</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Beef Taco Snack w/ Mexican Rice</div> <div>OR</div> <div>Hot/Spicy Chicken Sandwich</div> <div>OR</div> <div>Grilled Cheese Sandwich</div> <div>OR</div> <div>*Turkey Club Wrap Refried Beans French Fries Fresh Veg. of the Day Fruit Cup, Fruit Juice</div>	<div>17</div> <div>BREAKFAST</div> <div>Breakfast on a Stick</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Pepperoni Pizza/ Cheese Pizza</div> <div>OR</div> <div>Hot Dog w/ Chili &amp; Cheese</div> <div>OR</div> <div>Italian Sub Sand.</div> <div>OR</div> <div>Buffalo Chicken Wrap Steamed Broccoli French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</div>
<div>20</div> <div>BREAKFAST</div> <div>Mini Cinnis</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Sweet &amp; Sour Chicken w/ Chicken Egg Roll &amp; Seasoned Rice</div> <div>OR</div> <div>Fiestada Pizza</div> <div>OR</div> <div>Strawberry Yogurt Parfait w/ Muffin California Blend French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</div>	<div>21</div> <div>BREAKFAST</div> <div>*Breakfast Taco w/ Eggs &amp; Bacon</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Hamburger/ Cheeseburger</div> <div>OR</div> <div>Macaroni/Cheese w/ Fish Nuggets &amp; Hush puppies I</div> <div>OR</div> <div>Crispy Chicken Caesar Salad w/ Flatbread</div> <div>OR</div> <div>Cold Cut Sub Sand. Green Beans, French Fries Fresh Veg. of the Day Fruit Cup, Fruit Juice</div>	<div>22</div> <div>BREAKFAST</div> <div>Cinnamon Donut &amp; String Cheese</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Chicken Nuggets</div> <div>OR</div> <div>Steak Fingers Wheat Roll</div> <div>OR</div> <div>Fruit/Cheese Plate w/ Muffin</div> <div>OR</div> <div>*Turkey Club Wrap Mashed Potatoes w/Cream Gravy Ranch Beans Fresh Veg. of the Day Fruit Cup, Fruit Juice</div>	<div>23</div> <div>BREAKFAST</div> <div>Yogurt Cup &amp; Grahams</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>*Pepperoni Calzone/ Cheese Calzone</div> <div>OR</div> <div>Crispy Chicken Sandwich</div> <div>OR</div> <div>Turkey/Ham/Cheese Salad w/ Flatbread</div> <div>OR</div> <div>Blueberry Yogurt Parfait w/ Muffin Steamed Broccoli French Fries Fresh Veg. of the Day Fruit Cup, Fruit Juice</div>	<div>24</div> <div>BREAKFAST</div> <div>Bagel w/ Cream Cheese</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Pepperoni Pizza/ Cheese Pizza</div> <div>OR</div> <div>Chicken/Cheese Quesadilla</div> <div>OR</div> <div>Ham/Cheese Croissant Sand.</div> <div>OR</div> <div>Buffalo Chicken Wrap Whole Kernel Corn French Fries Fresh Veg/ of the Day Fruit Cup, Fruit Juice</div>
<div>27</div> <div>BREAKFAST</div> <div>Fruit Filled Frudel</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Beef/Cheese Nachos</div> <div>OR</div> <div>Hot/Spicy Chicken Sandwich</div> <div>OR</div> <div>Strawberry Yogurt Parfait w/ Muffin Refried Beans French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</div>	<div>28</div> <div>BREAKFAST</div> <div>Pancake/Sausage Sandwich</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Pepperoni Pizza/ Cheese Pizza</div> <div>OR</div> <div>Chopped BBQ Beef Sandwich</div> <div>OR</div> <div>Buffalo Chicken Salad w/ Flatbread</div> <div>OR</div> <div>Turkey/Cheese Sub Ranch Beans Onion Rings Fresh Veg. of the Day Fruit Cup, Fruit Juice</div>	<div>29</div> <div>BREAKFAST</div> <div>Early Risers Stuffed Hashbrown</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Chicken Tenders</div> <div>OR</div> <div>Chicken Fried Steak Wheat Roll</div> <div>OR</div> <div>Mango Yogurt Parfait w/ Muffin</div> <div>OR</div> <div>Italian Sub Sand. Mashed Potatoes w/Cream Gravy Green Beans Fresh Veg. of the Day Fruit Cup, Fruit Juice</div> <div>Halloween Treat</div>	<div>30</div> <div>BREAKFAST</div> <div>Mini Cinnamon Crumb Loaf</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Spaghetti w/ Meat Sauce &amp; Wheat Roll</div> <div>OR</div> <div>Crispy Chicken Sandwich</div> <div>OR</div> <div>Blueberry Yogurt Parfait w/ Muffin Bahama Blend French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</div>	<div>31</div> <div>BREAKFAST</div> <div>*Sausage Rolls</div> <div>OR</div> <div>Pop Tart &amp; Cereal Raisels, Fruit Juice</div> <div>Early Release</div> <div>LUNCH</div> <div>Hamburger Cheeseburger</div> <div>OR</div> <div>Grilled Cheese Sandwich Baked Chips Baby Carrots Fresh Vegetable of the Day Fruit Cup Wiggles Frt. Juice Gels</div>

\*Contains Pork

Fresh fruit offered daily

Menu Subject to change due to product availability