

# DECEMBER

# High School



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

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

<p><b>1 BREAKFAST</b> Mini Pancakes <b>OR</b> Pop Tart &amp; Cereal Raisels 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>2 BREAKFAST</b> Glazed Donut &amp; String Cheese <b>OR</b> Toast &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> Hamburger/Cheeseburger <b>OR</b> Macaroni &amp; Cheese w/ Fish Nuggets and Hushpuppies <b>OR</b> Crispy Chicken Salad w/ Flatbread <b>OR</b> Ham/Cheese Croissant California Blend French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>3 BREAKFAST</b> * Breakfast Taco w/ Eggs &amp; Bacon Tater Tots <b>OR</b> Toast &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> Chicken Nuggets <b>OR</b> Steak Fingers Wheat Roll <b>OR</b> Grilled Cheese Sandwich <b>OR</b> Cold Cut Sub Sandwich Mashed Potatoes w/ Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>4 BREAKFAST</b> Swirled Breakfast Roll <b>OR</b> Toast &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> Crispy Chicken Sandwich <b>OR</b> State Fair Corn Dogs <b>OR</b> Crispy Buffalo Chicken Wrap <b>OR</b> Blueberry Yogurt Parfait w/ Muffin Steamed Broccoli French Fries Fresh Veg. of the Day Fruit Cup Fruit Juice</p> <p><b>COOKIE DAY</b></p>	<p><b>5 BREAKFAST</b> Sausage &amp; Biscuit w/ Gravy <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> Pepperoni Pizza/Cheese Pizza <b>OR</b> Chicken/Cheese Quesadilla <b>OR</b> Italian Sub Sandwich <b>OR</b> Tukey/Cheese Wrap Whole Kernel Corn French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>
<p><b>8 BREAKFAST</b> Chocolate Filled Crescent <b>OR</b> Pop Tart &amp; Cereal Raisels Fruit Juice <b>LUNCH</b> Tangerine Chicken w/ Seasoned Rice &amp; Chicken Egg Roll <b>OR</b> Hot/Spicy Chicken 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>9 BREAKFAST</b> Scrambled Eggs w/ Biscuit &amp; Gravy <b>OR</b> Toast &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> Hamburger/Cheeseburger <b>OR</b> Fiestada Pizza <b>OR</b> Crispy Buffalo Chicken Salad w/ Flatbread <b>OR</b> Fruit /Cheese Plate w/ Muffin French Fries Baked Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>10 BREAKFAST</b> Breakfast Pizza <b>OR</b> Toast &amp; Cereal Raisels, 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 Green Beans Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>11 BREAKFAST</b> Waffles w/ Strawberries/Cream <b>OR</b> Toast &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> Beef Lasagna w/ Wheat Roll <b>OR</b> Crispy Chicken Sandwich <b>OR</b> Ham/Cheese Sub Sandwich <b>OR</b> Mandarin Org. Yogurt Parfait w/ Muffin Steamed Broccoli French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>12 BREAKFAST</b> Mini French Toast <b>OR</b> Toast &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> Pepperoni Pizza/Cheese Pizza <b>OR</b> Western BBQ Beef Sandwich <b>OR</b> Grilled Cheese Sand. <b>OR</b> Buffalo Chicken Wrap Whole Kernel Corn Onion Rings Fresh Vegetable of the Day Fruit Cup Fruit Juice</p> <p><b>HOLIDAY TREAT</b></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.



# DECEMBER HIGH SCHOOL

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

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

**15 BREAKFAST**  
Bagel Filled w/  
Cream Cheese  
**OR**  
Pop Tart & Cereal  
Raisels  
Fruit Juice

**LUNCH**  
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

**16 BREAKFAST**  
Chicken Biscuit  
Sandwich  
**OR**  
Toast & Cereal  
Raisels, Fruit Juice

**LUNCH**  
Hamburger/  
Cheeseburger  
**OR**  
Breaded Mozzarella  
Cheese Sticks  
w/ Marinara Dip  
**OR**  
Cold Cut Sub  
Sandwich  
French Fries  
California Blend  
Fresh Veg. of the Day  
Fruit Cup, Fruit Juice

**17 BREAKFAST**  
Mini Cinnis  
**OR**  
Toast & Cereal  
Raisels  
Fruit Juice

**LUNCH**  
Chicken Tenders  
**OR**  
Steak Fingers  
Wheat Roll  
**OR**  
Blueberry  
Yogurt Parfait  
w/ Muffin  
Mashed Potatoes  
w/ Cream Gravy  
Steamed Broccoli  
Fruit Cup  
Fruit Juice

**18 BREAKFAST**  
French Toast &  
Scrambled Eggs  
**OR**  
Pop Tart & Cereal  
Raisels, Fruit Juice

**LUNCH**  
Spaghetti w/  
Meat Sauce  
**OR**  
Crispy Chicken  
Drumsticks  
Texas Toast  
**OR**  
Mandarin Orange  
Yogurt Parfait  
w/ Muffin  
Green Beans  
French Fries  
Fruit Cup, Fruit Juice

**19 BREAKFAST**  
Mini Waffles  
**OR**  
Pop Tart & Cereal  
Raisels  
Fruit Juice

**Early Release**

**LUNCH**  
Crispy Chicken  
Sandwich  
**OR**  
Grilled Cheese  
Sandwich  
Baked Chips  
Baby Carrots  
Fresh Vegetable  
of the Day  
Fruit Cup, Fruit Juice



JOIN OUR  
*Team*

CHILD NUTRITION  
SERVICES IS HIRING  
CAFETERIA  
SPECIALIST

**APPLY TODAY!**

WWW.HEBISD.EDU/APPLY

**6 BREAKFAST**  
Breakfast  
Pizza  
**OR**  
Pop Tart & Cereal  
Raisels  
Fruit Juice

**LUNCH**  
Hamburger/  
Cheeseburger  
**OR**  
Corn Dogs  
**OR**  
Strawberry Yogurt  
Parfait w/ Muffin  
French Fries  
Steamed Broccoli  
Fresh Vegetable  
of the Day  
Fruit Cup  
Fruit Juice

**7 BREAKFAST**  
Fruit Filled Frudel  
**OR**  
Toast & Cereal  
Raisels, Fruit Juice

**LUNCH**  
Chicken Tenders  
**OR**  
Chicken Fried Steak  
Wheat Roll  
**OR**  
Italian Sub Sandwich  
**OR**  
Blueberry Yogurt  
Parfait w/ Muffin  
Mashed Potatoes  
w/ Cream Gravy  
Green Beans  
Fresh Vegetable  
of the Day  
Fruit Cup, Fruit Juice

**8 BREAKFAST**  
Chicken-n-Waffles  
**OR**  
Pop Tart & Cereal  
Raisels, Fruit Juice

**LUNCH**  
Soft Beef Tacos  
w/ Mexican Rice  
**OR**  
Fiestada Pizza  
**OR**  
Grilled Cheese  
Sandwich  
**OR**  
Turkey/Cheese  
Croissant  
Ranch Beans  
French Fries  
Fresh Vegetable  
of the Day  
Fruit Cup, Fruit Juice

**9 BREAKFAST**  
\*Sausage Rolls  
**OR**  
Toast & Cereal  
Raisels, Fruit Juice

**LUNCH**  
Pepperoni Pizza/  
Cheese Pizza  
**OR**  
Crispy Chicken  
Sandwich  
**OR**  
\*Turkey Club Wrap  
**OR**  
Ham/Cheese  
Sub Sandwich  
French Fries  
Whole Kernel Corn  
Fresh Vegetable  
of the Day  
Fruit Cup, Fruit Juice

\*Contains Pork

Fresh fruit offered daily

Menu Subject to change due to product availability