

DECEMBER

Junior High



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

*Contains Pork • Fresh fruit offered daily • Menu Subject to change due to product availability



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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



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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

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