

# DECEMBER

## GRAB-N-GO

# Hurst Junior High



**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>1 BREAKFAST</b> Mini Pancakes OR Pop Tart &amp; Cereal Raisels Fruit Juice <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>2 BREAKFAST</b> Cinnamon Donut &amp; String Cheese OR Pop Tart &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> Hamburger/Cheeseburger OR Macaroni &amp; 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><b>3 BREAKFAST</b> * Breakfast Taco w/ Eggs &amp; Bacon OR Pop Tart &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> 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><b>4 BREAKFAST</b> Swirled Breakfast Roll OR Pop Tart &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> 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 <b>COOKIE DAY</b></p>	<p><b>5 BREAKFAST</b> Sausage/Cheese Biscuit Sandwich OR Pop Tart &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> Pepperoni Pizza/Cheese Pizza OR Chicken/Cheese Quesadilla OR Italian Sub Sandwich OR Turkey/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 OR Pop Tart &amp; Cereal Raisels Fruit Juice <b>LUNCH</b> Tangerine Chicken w/ Seasoned Rice &amp; 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><b>9 BREAKFAST</b> Mini Waffles OR Pop Tart &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> 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><b>10 BREAKFAST</b> Breakfast Pizza OR Pop Tart &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> 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><b>11 BREAKFAST</b> Mini Cinnis OR Pop Tart &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> 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><b>12 BREAKFAST</b> Breakfast on a Stick OR Pop Tart &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> 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</p>

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



# DECEMBER



# HURST JUNIOR HIGH

**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>15 BREAKFAST</b> Sliced Pumpkin Bread <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>16 BREAKFAST</b> Chicken Biscuit Sandwich <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Hamburger/Cheeseburger <b>OR</b> Breaded Mozzarella Cheese Sticks w/ Marinara Dip <b>OR</b> Cold Cut Sub Sandwich French Fries California Blend Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>	<p><b>17 BREAKFAST</b> Mini Cinnamon Crumb Loaf <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Chicken Tenders <b>OR</b> Steak Fingers Wheat Roll <b>OR</b> Blueberry Yogurt Parfait w/ Muffin Mashed Potatoes w/ Cream Gravy Steamed Broccoli Fruit Cup Fruit Juice</p>	<p><b>18 BREAKFAST</b> French Toast Sticks &amp; Sausage Link <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Spaghetti w/ Meat Sauce <b>OR</b> Crispy Chicken Drumsticks Texas Toast <b>OR</b> Mandarin Orange Yogurt Parfait w/ Muffin Green Beans French Fries Fruit Cup, Fruit Juice</p>	<p><b>19 BREAKFAST</b> Mini Pancakes <b>OR</b> Pop Tart &amp; Cereal Raisels Fruit Juice</p> <p><b>Early Release</b></p> <p><b>LUNCH</b> Crispy Chicken Sandwich <b>OR</b> Grilled Cheese Sandwich Baked Chips Baby Carrots Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>
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<p><b>JOIN OUR team</b></p> <p>CHILD NUTRITION SERVICES IS HIRING CAFETERIA SPECIALIST</p> <p><b>APPLY TODAY!</b></p>  <p><a href="http://WWW.HEBISD.EDU/APPLY">WWW.HEBISD.EDU/APPLY</a></p>	<p><b>6 BREAKFAST</b> Breakfast Pizza <b>OR</b> Pop Tart &amp; Cereal Raisels Fruit Juice</p> <p><b>LUNCH</b> Hamburger/Cheeseburger <b>OR</b> Corn Dogs <b>OR</b> Strawberry Yogurt Parfait w/ Muffin French Fries Steamed Broccoli Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>7 BREAKFAST</b> Fruit Filled Frudel <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> Blueberry Yogurt Parfait w/ Muffin Mashed Potatoes w/ Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>8 BREAKFAST</b> Chicken-n-Waffles <b>OR</b> Pop Tart &amp; Cereal Raisels, Fruit Juice</p> <p><b>LUNCH</b> Soft Beef Tacos w/ Mexican Rice <b>OR</b> Fiestada Pizza <b>OR</b> Grilled Cheese Sandwich <b>OR</b> Turkey/Cheese Croissant Ranch Beans French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>9 BREAKFAST</b> *Sausage Rolls <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> Ham/Cheese Sub Sandwich French Fries Whole Kernel Corn Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>
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