# COLLEGIATE ACADEMY OF HEB ISD

# JANUARY

**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.

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| **12 BREAKFAST**<br>Mini Cinnis<br>**OR**<br>Pop Tart & Cereal<br>Fresh Fruit<br>Fruit Juice<br><br>**LUNCH**<br>Beef Cheese<br>Nachos<br>**OR**<br>Strawberry Yogurt<br>Parfait w/ Muffin<br>Refried Beans<br>Fresh Vegetable<br>of the Day<br>Fruit Cup<br>Fruit Juice | **13 BREAKFAST**<br>Chicken Biscuit<br>Sandwich<br>**OR**<br>Pop Tart & Cereal<br>Fresh Fruit, Fruit Juice<br><br>**LUNCH**<br>Hamburger/<br>Cheeseburger<br>**OR**<br>Macaroni/Cheese<br>w/ Garlic Toast<br>Smile Potatoes<br>Fresh Vegetable<br>of the Day<br>Fruit Cup<br>Fruit Juice | **14 BREAKFAST**<br>Mini French Toast<br>**OR**<br>Pop Tart & Cereal<br>Fresh Fruit<br>Fruit Juice<br><br>**LUNCH**<br>Chicken Tenders/<br>Chicken Fried Steak<br>Wheat Roll<br>**OR**<br>Grilled Cheese<br>Mashed Potatoes<br>w/Cream Gravy<br>Green Beans<br>Fruit Cup<br>Fruit Juice | **15 BREAKFAST**<br>Mini Donut<br>Rounds<br>**OR**<br>Pop Tart & Cereal<br>Raisels, Fruit Juice<br><br>**LUNCH**<br>Beef Lasagna w/<br>Garlic Breadstick<br>**OR**<br>Blueberry Yogurt<br>Parfait w/ Muffin<br>Whole Kernel Corn<br>Fresh Vegetable<br>of the Day<br>Fruit Cup<br>Fruit Juice | **16 BREAKFAST**<br>Swirled<br>Breakfast Roll<br>**OR**<br>Pop Tart & Cereal<br>Raisels, Fruit Juice<br><br>**LUNCH**<br>Pepperoni Pizza/<br>Cheese Pizza<br>**OR**<br>Italian Sub<br>Sandwich<br>Tater Tots<br>Fresh Vegetable<br>of the Day<br>Fruit Cup<br>Fruit Juice |
| • NO SCHOOL • NO SCHOOL •<br>Martin Luther King Jr. Day<br>I Have A Dream<br>• NO SCHOOL • NO SCHOOL • | **20 BREAKFAST**<br>Chocolate Filled<br>Crescent<br>**OR**<br>Pop Tart & Cereal<br>Raisels, Fruit Juice<br><br>**LUNCH**<br>Hamburger/<br>Cheeseburger<br>**OR**<br>Strawberry Yogurt<br>Parfait w/ Muffin<br>Smile Potatoes<br>Fresh Vegetable<br>of the Day<br>Fruit Cup, Fruit Juice | **21 BREAKFAST**<br>*Sausage Rolls<br>**OR**<br>Pop Tart & Cereal<br>Fresh Fruit, Fruit Juice<br><br>**LUNCH**<br>Chicken Nuggets/<br>Steak Fingers<br>Wheat Roll<br>**OR**<br>Grilled Cheese<br>Sandwich<br>Mashed Potatoes<br>w/Cream Gravy<br>Whole Kernel Corn<br>Fruit Cup, Fruit Juice | **22 BREAKFAST**<br>Donut Ring &<br>String Cheese<br>**OR**<br>Pop Tart & Cereal<br>Raisels, Fruit Juice<br><br>**LUNCH**<br>Spaghetti w/<br>Meat Sauce & Roll<br>**OR**<br>Blueberry Yogurt<br>Parfait w/ Muffin<br>Green Beans<br>Fresh Vegetable<br>of the Day<br>Fruit Cup, Fruit Juice | **23 BREAKFAST**<br>Sausage/Cheese<br>Biscuit Sandwich<br>**OR**<br>Pop Tart & Cereal<br>Raisels, Fruit Juice<br><br>**LUNCH**<br>Cheese Enchiladas<br>w/ Mexican Rice<br>**OR**<br>Crispy Buffalo<br>Chicken Wrap<br>Tater Tots<br>Ranch Beans<br>Fresh Veg. of the Day<br>Fruit Cup, Fruit Juice |
| **26 BREAKFAST**<br>Fruit Filled Frudel<br>**OR**<br>Pop Tart & Cereal<br>Fresh Fruit<br>Fruit Juice<br><br>**LUNCH**<br>Chicken Alfredo<br>w/ Garlic Toast<br>**OR**<br>Strawberry Yogurt<br>Parfait w/ Muffin<br>Bahama Blend<br>Fresh Vegetable<br>of the Day<br>Fruit Cup<br>Fruit Juice | **27 BREAKFAST**<br>*Breakfast Taco w/<br>Scr. Eggs & Bacon<br>and Tater Tots<br>**OR**<br>Pop Tart & Cereal<br>Raisels, Fruit Juice<br><br>**LUNCH**<br>Crispy Chicken Sand./<br>Hot/Spicy Chicken Sand.<br>**OR**<br>Grilled Cheese Sand.<br>Baked Beans<br>Smile Potatoes<br>Fresh Vegetable<br>of the Day<br>Fruit Cup, Fruit Juice | **28 BREAKFAST**<br>Mini Pancakes<br>**OR**<br>Pop Tart & Cereal<br>Fresh Fruit, Fruit Juice<br><br>**LUNCH**<br>Chicken Tenders/<br>Chicken Fried Steak<br>Wheat Roll<br>**OR**<br>Fruit/Cheese<br>Plate w/ Muffin<br>Mashed Potatoes<br>w/ Cream Gravy<br>Green Beans<br>Fruit Cup<br>Fruit Juice | **29 BREAKFAST**<br>Waffles w/<br>Sausage Patty<br>**OR**<br>Pop Tart & Cereal<br>Raisels, Fruit Juice<br><br>**LUNCH**<br>*Pepperoni Calzone/<br>Cheese Calzone<br>w/ Marinara Dip<br>**OR**<br>Cold Cut Sub<br>Sandwich<br>Smile Potatoes<br>Fresh Vegetable<br>of the Day<br>Fruit Cup, Fruit Juice | **30 BREAKFAST**<br>Cinnamon Roll &<br>String Cheese<br>**OR**<br>Pop Tart & Cereal<br>Raisels<br>Fruit Juice<br><br>**LUNCH**<br>Chili Frito Pie<br>w/ Wheat Roll<br>**OR**<br>Yogurt/Cheese w/<br>Granola & Muffin<br>Whole Kernel Corn<br>Tater Tots<br>Fruit Cup<br>Fruit Juice |

***Contains Pork • Menu Subject to change due to product availability**

HEB
HURST - EULESS - BEDFORD
Independent School District

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