JUNIOR HIGH MENU

• NEW YEAR • PIZZA DAY • 100 DAYS • NEW YEAR • PIZZA DAY • 100 DAYS •

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.

	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
12 **BREAKFAST** Mini Cinnis **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	13 **BREAKFAST** Chicken Biscuit Sandwich **OR** Toast & Cereal Raisels, Fruit Juice **LUNCH** Hamburger/ Cheeseburger **OR** Macaroni/Cheese w/ Fish Nuggets & Hushpuppies **OR** Crispy Chicken Salad w/ Flatbread **OR** Cold Cut Sub Sandwich Green Beans French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice	14 **BREAKFAST** Mini French Toast **OR** Toast & Cereal Raisels, Fruit Juice **LUNCH** Chicken Tenders **OR** Chicken Fried Steak Wheat Roll **OR** Mango Yogurt Parfait w/ Muffin **OR** Turkey/Cheese Wrap Mashed Potatoes w/Cream Gravy Steamed Broccoli Fresh Vegetable of the Day Fruit Cup Fruit Juice	15 **BREAKFAST** Waffles w/ Strawberries/Cream **OR** Pop Tart & Cereal Raisels, Fruit Juice **LUNCH** Beef Lasagna **OR** Crispy Chicken Drumsticks Garlic Breadstick **OR** Ham/Turkey/Cheese Sub Sandwich **OR** Blueberry Yogurt Parfait w/ Muffin Corn on the Cob California Blend Fresh Vegetable of the Day Fruit Cup, Fruit Juice	16 **BREAKFAST** Swirled Breakfast Roll **OR** Toast & Cereal Raisels, Fruit Juice **LUNCH** ***World Pizza Day*** ***Big Daddy's*** ***2 Slices*** Pepperoni Pizza **or** Cheese Pizza **OR** Sweet Red Chili Crispy Chicken w/ Wheat Roll **OR** Italian Sub Sandwich Whole Kernel Corn French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice

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

HEB
HURST - EULESS - BEDFORD
Independent School District

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. This institution is an equal opportunity provider.

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• NO SCHOOL • NO SCHOOL • Martin Luther King Jr. Day I Have A Dream • NO SCHOOL • NO SCHOOL •	20 **BREAKFAST** Chocolate Filled Crescent **OR** Pop Tart & Cereal Raisels Fruit Juice **LUNCH** Hamburger/ Cheeseburger **OR** Fiestada Pizza **OR** Strawberry Yogurt Parfait w/ Muffin Green Beans French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice	21 **BREAKFAST** Breakfast Pizza **OR** Toast & Cereal Raisels, Fruit Juice **LUNCH** Chicken Nuggets **OR** Steak Fingers Wheat Roll **OR** Cheese Pizza Crunchers w/ Marinara Dip **OR** Ham/Cheese Sub Sandwich Mashed Potatoes w/Cream Gravy Whole Kernel Corn Fresh Vegetable of the Day Fruit Cup, Fruit Juice	22 **BREAKFAST** Glazed Donut & String Cheese **OR** Toast & Cereal Raisels, Fruit Juice **LUNCH** Spaghetti w/ Meat Sauce & Wheat Roll **OR** Crispy Chicken Sandwich **OR** Blueberry Yogurt Parfait w/ Muffin **OR** *Turkey Club Wrap Steamed Broccoli French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice	23 **BREAKFAST** Sausage w/ Biscuit & Gravy **OR** Pop Tart & Cereal Raisels, Fruit Juice **LUNCH** Pepperoni Pizza/ Cheese Pizza **OR** Western BBQ Sandwich **OR** Crispy Chicken Caesar Wrap **OR** Cold Cut Sub Sandwich Onion Rings Ranch Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice
26 **BREAKFAST** Fruit Filled Frudel **OR** Pop Tart & Cereal Raisels Fruit Juice **LUNCH** Chicken Alfredo w/ Garlic Toast **OR** Corn Dogs **OR** Strawberry Yogurt Parfait w/ Muffin Bahama Blend French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice	27 **BREAKFAST** *Breakfast Taco w/ Scr. Eggs & Bacon and Tater Tots **OR** Toast & Cereal Raisels, Fruit Juice **LUNCH** Hamburger/ Cheeseburger **OR** Cheese Enchiladas w/ Mexican Rice **OR** Crispy Chicken Caesar Salad w/ Flatbread **OR** Ham/Cheese Croissant Ranch Beans French Fries Fresh Veg. of the Day Fruit Cup, Fruit Juice	28 **BREAKFAST** Mini Pancakes **OR** Pop Tart & Cereal Raisels, Fruit Juice **LUNCH** Chicken Tenders **OR** Chicken Fried Steak Wheat Roll **OR** Fruit/Cheese Plate w/ Muffin **OR** *Turkey Club Wrap Mashed Potatoes w/ Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice	29 **BREAKFAST** Waffles w/ Strawberries/Cream **OR** Toast & Cereal Raisels, Fruit Juice **LUNCH** *Pepperoni Calzone/ Cheese Calzone **OR** Crispy Chicken Sandwich **OR** Turkey/Ham/ Cheese Salad w/ Flatbread **OR** Cold Cut Sub Sandwich Steamed Broccoli French Fries Fresh Veg. of the Day Fruit Cup, Fruit Juice	30 **BREAKFAST** Cinnamon Roll & String Cheese **OR** Toast & Cereal Raisels, Fruit Juice **LUNCH** Pepperoni Pizza/ Cheese Pizza **OR** Chili Frito Pie w/ Wheat Roll **OR** Buffalo Chicken Wrap **OR** Turkey/Cheese Sub Tater Tots Whole Kernel Corn Fresh Vegetable of the Day Fruit Cup, Fruit Juice

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