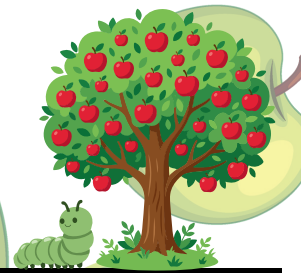




SEPTEMBER MENU

GRAB & GO HURST JUNIOR HIGH



BREAKFAST: Student \$2.35 | Adult: a la carte **LUNCH:** Student \$3.85 | Reduced \$0.40 | Adult \$6.00

BREAKFAST: Toast or Pop Tart & Cereal offered daily. Includes choice of milk.

LUNCH: Includes entree, vegetable, fruit & choice of milk.

Labor Day



8 Breakfast

Mini Cinnis
Or
Pop Tart & Cereal
Raisels
Fruit Juice

Lunch

Mac & Cheese w/
Fish Nuggets
Hushpuppies
Or
Crispy Chicken Salad
w/ Roll
Or
Fruit & Cheese Plate
French Fries
Baked Beans
Fresh Vegetable of
the Day
Fruit Cup
Fruit Juice

9 Breakfast

Biscuit with Eggs and
Cheese
Or
Pop Tart & Cereal
Raisels
Fruit Juice

Lunch

Chicken Tenders
Or
Chicken F. Steak
Wheat Roll
OR
Ham & Cheese Sub
Sandwich
Or
Grilled Cheese
Sandwich
Mashed Potatoes w/
Cream Gravy
Peas and Carrots
Fresh Vegetable of the
Day
Grapes
Fruit Juice

10 Breakfast

Cinnamon Donut
String Cheese
Or
Pop Tart & Cereal
Raisels, Fruit Juice

Lunch

Spaghetti w/ Meat
Sauce
Or
Chicken Drumstick
Garlic Toast
Or
Turkey, Ham & Cheese
Salad
Or
Mandarin Yogurt Parfait
w/ Muffin
French Fries
Bahama Veg. Blend
Corn on the Cob
Tossed Salad
Strawberry Cup
Fruit Juice

11 Breakfast

Waffles Assorted
Or
Pop Tart & Cereal
Raisels
Fruit Juice

Lunch

Cheese Pizza
Pepperoni Pizza
Or
BBQ Sandwich
Or
Buffalo Chicken Wrap
Or
Turkey Cheese
Croissant
French Fries
Broccoli
Fresh Vegetable of the
Day
Fruit Cup
Fruit Juice

14 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

15 Breakfast

Waffle Sausage
Sandwich
Or
Pop Tart & Cereal
Raisels
Fruit Juice

Lunch

Double Cheeseburger
Double Burger
Or
Cheese Bites
w/ Marinara Sauce
Or
Crispy Chicken Wrap
French Fries
Fresh Vegetable
of the Day
Pineapple Tidbits
Fruit Juice

16 Breakfast

Breakfast Swirl Roll
Or
Pop Tart & Cereal
Raisels
Fruit Juice

Lunch

Chicken Tenders
Steak Fingers
Wheat Roll
Or
Chicken Caesar Salad
Or
Mango Yogurt Parfait
w/ Muffin
Mashed Potatoes
w/ Cream Gravy
Whole Kernel Corn
Fresh Vegetable
of the Day
Sliced Apples
Fruit Juice

17 Breakfast

Sausage/Cheese
Biscuit Sandwich
Or
Pop Tart & Cereal
Raisels
Fruit Juice

Lunch

Cheese Calzone
*Pepperoni Calzone
w/ Marinara Sauce
Or
Crispy Chicken
Sandwich
Or
*Turkey Club
Sub Sandwich
Or
Fruit and Cheese Tray
French Fries
Broccoli
Carrots
Romaine Salad Mix
Fruit Cup
Fruit Juice

18 Breakfast

*2 Sausage Roll
Or
Pop Tart & Cereal
Raisels
Fruit Juice

Lunch

Cheese Pizza
Pepperoni Pizza
Or
Chili Frito Pie
Wheat Roll
Or
Mandarin Yogurt
Parfait
w/ Muffin
Or
Cold Cut Sub
Sandwich
French Fries
Bahama Veg Blend
Fresh Vegetable
of the Day
Applesauce
Fruit Juice

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



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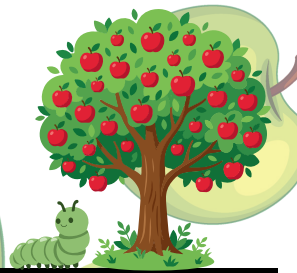
To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, 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.





SEPTEMBER MENU

GRAB & GO HURST JUNIOR HIGH



BREAKFAST: Student \$2.35 | Adult: a la carte **LUNCH:** Student \$3.85 | Reduced \$0.40 | Adult \$6.00

BREAKFAST: Toast or Pop Tart & Cereal offered daily. Includes choice of milk.

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21 Breakfast Chocolate Filled Croissant Or Pop Tart & Cereal Raisels Fruit Juice Lunch Chicken Alfredo Wheat Roll Or BBQ Rib Sandwich Or Strawberry Yogurt Parfait w/ Muffin French Fries Broccoli Fresh Vegetable of the Day Fruit Cup Fruit Juice	22 Breakfast French Toast Assorted Or Pop Tart & Cereal Raisels Fruit Juice Lunch Hamburger Cheeseburger Or Fiestada Pizza Or Blueberry Yogurt Parfait w/ Muffin French Fries Bahama Blend Vegetables Fresh Vegetable of the Day Fresh Strawberries Fruit Juice	23 Breakfast Pancakes w/ Eggs and Cheese Or Pop Tart & Cereal Raisels, Fruit Juice Lunch Chicken Tenders Chicken Fried Steak w/ Roll Or Grilled Cheese Sandwich Or Italian Sub Sandwich Mashed Potatoes w/ Cream Gravy California Blend Vegetables Fresh Vegetable of the Day Strawberry Cup Fruit juice	24 Breakfast *Breakfast Taco & Tater Tots Or Pop Tart & Cereal Raisels Fruit Juice Lunch Burrito Bites w/ Cheese Sauce Dip Or Crispy Chicken Sandwich Or Fruit and Cheese Plate Or Turkey/ Cheese Croissant French Fries Corn on the Cob Fresh Vegetable of the Day Mandarin Oranges Fruit Juice	25 Breakfast Fruit Frudel Or Pop Tart & Cereal Raisels, Fruit Juice Lunch Cheese Pizza Pepperoni Pizza Or Mango Habanero Chicken w/ Roll Or Turkey Club Wrap Or Cold Cut Sub Sandwich Sidewinder Fries Green Beans Fresh Vegetable of the Day Fruit Cup Fruit Juice
28 Breakfast Breakfast Pizza Or Pop Tart & Cereal Raisels Fruit Juice Lunch Beef and Cheese Nachos Or Hot and Spicy Chicken Sandwich Or Strawberry Yogurt Parfait w/ Muffin French Fries Refried Beans California Blend Vegetables Fresh Vegetable of the Day Fruit cup Fruit Juice	29 Breakfast Waffle Sausage Sandwich Or Pop Tart & Cereal Raisels, Fruit Juice Lunch Hamburger Cheeseburger Or 2 Corn Dogs Or Mango Yogurt Parfait w/ Muffin Or Buffalo Chicken Salad French Fries Green Beans Fresh Vegetable of the Day Fresh Watermelon Fruit Juice	30 Breakfast Cinnamon Roll String Cheese Or Pop Tart & Cereal Raisels, Fruit Juice Lunch Chicken Nuggets Steak Fingers Wheat Roll Or Italian Sub Sandwich Or Mango Yogurt Parfait w/ Muffin Mashed Potatoes w/ Cream Gravy Ranch Beans Fresh Vegetables of the Day Mandarin Oranges Fruit Juice	1 Breakfast Pancakes & Eggs w/ Cheese Or Pop Tart & Cereal Raisels, Fruit Juice Lunch Beef Lasagna BBQ Drumstick Wheat Roll Or Fruit and Cheese Plate Or Turkey/ Ham and Cheese Salad French Fries Broccoli Fresh Vegetable of the Day Fruit Cup Fruit Juice	2 Breakfast Bagel with Cream Cheese Or Pop Tart & Cereal Raisels Fruit Juice Lunch Cheese Pizza Pepperoni Pizza Or Chicken Quesadillas Or Chicken Caesar Wrap Or Cold Cut Sandwich Sidewinder Fries Whole Kernel Corn Fresh Vegetable of the Day Applesauce Cup Fruit Juice

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

