

OCTOBER 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.

19 Breakfast Chocolate Filled Croissant OR Pop Tart & Cereal Fresh Fruit Craisins Fruit Juice Lunch Chicken Alfredo Roll OR BBQ Rib Sandwich OR Strawberry Yogurt Parfait w/ Muffin French Fries Broccoli Vegetable of the Day Fruit Cup Fruit Juice	20 Breakfast Pancakes w/ Eggs and Cheese OR Pop Tart & Cereal Fresh Fruit Raisels Fruit Juice Lunch Hamburger Cheeseburger OR Fiestada Pizza OR Blueberry Yogurt Parfait w/ Muffin French Fries Bahama Blend Vegetables Vegetable of the Day Grapes Fruit Juice	21 Breakfast French Toast Assorted OR Pop Tart & Cereal Fresh Fruit Craisins Fruit Juice Lunch Chicken Tenders Chicken Fried Steak Roll OR Grilled Cheese Sandwich OR Italian Sub Sandwich Mashed Potatoes w/ Cream Gravy California Blend Vegetables Vegetable of the Day Fruit Cup Fruit Juice	22 Breakfast *Breakfast Tacos & Tater Tots OR Pop Tart & Cereal Fresh Fruit Raisels Fruit Juice Lunch Spaghetti Bolognese Brazilian Cheese Bread OR Crispy Chicken Sandwich Yogurt Mandarin Parfait w/ Muffin OR Turkey & Cheese Croissant Corn on the Cob Romaine Salad Mandarin Oranges Fruit Juice	23 Breakfast Fruit Frudel OR Pop Tart & Cereal Fresh Fruit Craisins Fruit Juice Lunch Cheese Pizza Pepperoni Pizza OR Mango Habanero Chicken w/ Roll OR Buffalo Chicken Wrap OR Cold Cut Sandwich Sidewinder Fries Green Beans Vegetable of the Day Fruit Cup Fruit Juice
26 Breakfast Breakfast Pizza OR Pop Tart & Cereal Fresh Fruit Craisins Fruit Juice Lunch Beef & Cheese Nachos OR Hot & Spicy Chicken Sandwich OR Strawberry Yogurt Parfait w/ Muffin French Fries Refried Beans Vegetable of the Day Fruit Cup Fruit Juice	27 Breakfast Waffle Sausage Sandwich OR Pop Tart & Cereal Fresh Fruit Raisels Fruit Juice Lunch Cheese Pizza Pepperoni Pizza OR Corn Dogs OR Buffalo Chicken Salad OR Mango Yogurt Parfait w/ Muffin French Fries Green Beans Vegetable of the Day Watermelon Fruit Juice	28 Breakfast Cinnamon Roll String Cheese OR Pop Tart & Cereal Fresh Fruit Craisins Fruit Juice Lunch Chicken Smackers Steak Fingers Roll OR *Turkey Club Wrap OR Blueberry Yogurt Parfait w/ Muffin Mashed Potatoes w/ Cream Gravy, Ranch Beans Vegetable of the Day Mandarin Oranges Fruit Juice	29 Breakfast Breakfast on a Stick OR Pop Tart & Cereal Fresh Fruit Raisels Fruit Juice Lunch Lasagna Chicken Drumstick Roll OR Turkey, Ham & Cheese Salad OR Fruit & Cheese Plate French Fries Broccoli Vegetable of the Day Fruit Cup Fruit Juice	30 Breakfast Bagel with Cream Cheese OR Pop Tart & Cereal Fresh Fruit Craisins Fruit Juice Lunch Hamburger Cheeseburger OR Grilled Cheese Sandwich Baked Chips Vegetable of the Day Fruit Cup Fruit Juice EARLY RELEASE

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

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5 Breakfast Mini Cinnis OR Pop Tart & Cereal Fresh Fruit Craisins Lunch Sweet & Sour Chicken Seasoned Rice Roll OR Mozzarella Sticks w/Marinara Sauce OR Strawberry Yogurt Parfait w/ Muffin French Fries Green Beans Vegetable of the Day Fruit Cup Fruit Juice	6 Breakfast Biscuit w/ Eggs and Cheese OR Pop Tart & Cereal Fresh Fruit Raisels Lunch Corn Dogs OR Hamburger Cheeseburger OR Mango Yogurt Parfait w/ Muffin French Fries Corn on the Cob Vegetable of the Day Funnel Cake Fruit Cup Fruit Juice	7 Breakfast Cinnamon Donut String Cheese OR Pop Tart & Cereal Fresh Fruit Craisins Lunch Chicken Tenders Chicken Fried Steak Roll OR Ham & Cheese Sub Sandwich OR Grilled Cheese Sandwich Mashed Potatoes w/ Cream Gravy Peas and Carrots Vegetable of the Day Grapes, Fruit Juice	8 Breakfast Waffles Assorted OR Pop Tart & Cereal Fresh Fruit Raisels Lunch Spaghetti w/ Meat Sauce OR Chicken Drumstick Garlic Toast OR Turkey, Ham & Cheese Salad w/ Flat Bread OR Mandarin Yogurt Parfait w/ Muffin French Fries Bahama Blend Veg. Tossed Salad Fruit Cup, Fruit Juice	 NO SCHOOL 
NO SCHOOL 	13 Breakfast Waffle and Sausage Sandwich OR Pop Tart & Cereal Fresh Fruit Raisels Lunch Hamburger Cheeseburger OR Cheese Bites w/ Marinara Sauce OR Crispy Chicken Wrap French Fries Vegetable of the Day Pineapple Tidbits Fruit Juice	14 Breakfast Breakfast Swirl Roll OR PopTart & Cereal Fresh Fruit Craisins Lunch Chicken Tenders Steak Fingers Roll OR Crispy Chicken Caesar Salad OR Mango Yogurt Parfait w/ Muffin Mashed Potatoes w/ Cream Gravy Whole Kernel Corn Vegetable of the Day Sliced Apples Fruit Juice	15 Breakfast Biscuit Sandwich w/ Sausage & Cheese OR Pop Tart & Cereal Fresh Fruit Raisels Lunch Cheese Calzone Pepperoni Calzone OR Crispy Chicken Sandwich OR * Turkey Club Sandwich OR Fruit and Cheese Plate French Fries Broccoli Romaine Salad Fruit Cup Fruit Juice	16 Breakfast * Sausage Rolls OR Pop Tart & Cereal Fresh Fruit Craisins Lunch Cheese Pizza Pepperoni Pizza OR Chili Frito Pie w/ Roll OR Mandarin Yogurt Parfait w/ Roll OR Cold Cut Sub Sandwich French Fries Bahama Blend Vegetables Fruit Cup Fruit Juice

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