

LUNCH

Hesston USD 460

**September
2018**

The USDA is an equal opportunity provider & employer

Monday	Tuesday	Wednesday	Thursday	Friday
3 No School	4 Salisbury Steak, mashed potatoes & gravy, biscuit & jelly, broccoli & cheese, Rosy applesauce, milk Fruit Choice 9-12	5 Turkey & cheese sandwich, Lettuce & tomato French Fries Calif. Veggies Fresh grapes Milk Fruit Choice 9-12	6 Crispito/salsa Tossed salad w/tomatoes, Seasoned Corn Banana Milk Fruit Choice 9-12	7 Grilled Chicken Sandwich Baked Beans Cucumbers/Celery with dip Citrus Fruit Salad Brownie, Milk Fruit Choice 9-12
10 Cheese stuffed Breadsticks with Marinara Sauce Tossed Salad/tom. Green Beans Fresh Kiwi Milk Fruit Choice 9-12	11 Beef Nachos Refried Beans Lettuce & tomato Salsa Pineapple chunks Milk Fruit choice 9-12	12 Corn Dog Tater Tots Fresh Broccoli & Cauliflower/dip Fresh Apples Snickerdoodle Milk Fruit Choice 9-12	13 Chick. Nuggets Sw/sour sauce Seasoned Rice Baby Carrots, Cukes Mandarin Oranges Fortune Cookie Milk Fruit Choice 9-12	14 Chick Quesadilla Black Bean Salsa & Tostitos 9-12 Tossed Salad Stoplight peppers Cantaloupe Milk Fruit Choice 9-12
17 No School	18 Chicken Strips French Fries Calif. Veggies Mixed Fruit Salad Ww roll/jelly Milk Fruit Choice 9-12	19 Tetrizzini Garlic Breadstick Seasoned Peas Tossed Salad/tomatoes Fresh Banana Milk Fruit Choice 9-12	20 Hamburger Lettuce & tomato Sw. Potato Fries Baked Beans Peaches Milk Fruit Choice 9-12	21 Drum Stick Savory Rice Fr. Broccoli & grape tomatoes/dip Ww roll margarine (9-12) Fresh Kiwi, Milk Fruit Choice 9-12
24 Pig in a blanket Seasoned wedge Potatoes Broccoli & Cheese Fresh Apples Milk Fruit Choice 9-12	25 Ch. Fajita Spanish Rice Romaine/tomato Stoplight Peppers Watermelon Oatmeal Cookie (9-12), Milk Fruit Choice 9-12	26 Spaghetti & meat sauce Garlic breadstick Tossed Salad, tom Peas, Mandarin Oranges, Milk Fruit Choice 9-12	27 Taco Salad Corn Chips Salsa Refried Beans Cantaloupe Cinnamon Puff Milk Fruit Choice 9-12	28 Chicken & Noodles, Mashed Potatoes Green Beans, ww roll/jelly (5-12) Mixed Fruit/w strawberries, Milk Fruit Choice 9-12
				Menus Are Subject to Change Without notice

Breakfast

Hesston USD 460

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>High School Breakfast</u></p> <p><u>Cereals, Muffins, Yogurt, Fruit, Juice, Milk</u></p>				<p>Menus are subject to change without notice</p>
<p>3</p> <p>No School</p>	<p>4 Cheese Omelet & Biscuit OR Cereal Variety Yogurt Fruit Juice Variety Milk Variety</p>	<p>5 Ham/cheese Combo Bar OR Cereal Variety Graham Snacks Fruit Juice Variety Milk Variety</p>	<p>6 Sausage Square OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>	<p>7 Biscuit & Gravy OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>
<p>10 Breakfast on A stick OR Cereal Variety Muffin Fruit Juice Variety Milk Variety</p>	<p>11 Cheese Omelet & Biscuit OR Cereal Variety Yogurt Fruit Juice Variety Milk Variety</p>	<p>12 Ham/cheese Combo Bar OR Cereal Variety Graham Snacks Fruit Juice Variety Milk Variety</p>	<p>13 Sausage Square OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>	<p>14 Biscuit & Gravy OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>
<p>17</p> <p>No School</p>	<p>18 Cheese Omelet & Biscuit OR Cereal Variety Yogurt Fruit Juice Variety Milk Variety</p>	<p>19 Ham/cheese Combo Bar OR Cereal Variety Graham Snacks Fruit Juice Variety Milk Variety</p>	<p>20 Sausage Square OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>	<p>21 Biscuit & Gravy OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>
<p>24 Breakfast on A stick OR Cereal Variety Muffin Fruit Juice Variety Milk Variety</p>	<p>25 Cheese Omelet & Biscuit OR Cereal Variety Yogurt Fruit Juice Variety Milk Variety</p>	<p>26 Ham/cheese Combo Bar OR Cereal Variety Graham Snacks Fruit Juice Variety Milk Variety</p>	<p>27 Sausage Square OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>	<p>28 Biscuit & Gravy OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>