

*MEAL PRICES:*

Daily Lunch: \$2.90 (reduced \$.40)  
 Milk (only): \$.60  
 Breakfast: \$1.60  
 Adult Meal Prices: \$2.00 (Breakfast)  
 \$4.00 (Lunch)

**Hebron Public Schools**  
 Breakfast & Lunch Menu  
**NOVEMBER 2019**

FRESH FRUITS AND VEGGIES  
 SERVED EVERY DAY!  
 BE SURE TO CHECK OUT OUR  
 RAINBOW TRAY!!  
**YOGURT FUN LUNCH OFFERED  
 DAILY!**

				<p><b>Early Dismissal 11/1</b></p> <p><b>Nat'l Calzone Day</b>                  Cheese Calzone                  Marinara Sauce                  Garden Salad                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Meatball Grinder</i></p>
<p>11/4</p> <p><b>Walking Beef Taco</b>                  Lettuce, Cheese &amp;                  Salsa                  Cheesy Refried Bean                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Chicken Patty</i></p>	<p>11/5</p> 	<p>11/6</p> <p><b>Zesty Orange Chick</b>                  Steamed Broccoli                  Seasoned Brown Rice                  Fortune Cookie                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Chicken Patty</i></p>	<p>11/7</p> <p><b>Pancakes w/ Syrup</b>                  Chicken Sausage                  Hash Browns                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Chicken Patty</i></p>	<p>11/8</p> <p><b>PRIMO Pizza Slice</b>                  Cheese or Roni                  Garden Salad                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Chicken Patty</i></p>
<p>11/11</p> 	<p>11/12</p> <p><b>Chicken Fajita</b>                  Onions, Peppers                  &amp; Cheese                  Flour Tortilla                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Popcorn Chicken</i></p>	<p>11/13</p> <p><b>Be Kind! Pot Pie</b>                  Chicken Pot Pie w/                  Biscuit, Steamed                  Green Beans                  Rainbow Tray                  w/ Fruits &amp; Veggies  <b>World Kindness Day!!</b></p> <p><i>Alt. Popcorn Chicken</i></p>	<p>11/14</p> <p><b>Tst Cheese &amp; Ham</b>                  Oven Baked Fries                  &amp; <b>a Nat' Pickle Day</b>                  Pickle!!                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Popcorn Chicken</i></p>	<p>11/15</p> <p><b>French Bread PIZZA</b>                  Cheese or Roni                  Garden Salad                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Popcorn Chicken</i></p>
<p>11/18</p> <p><b>Mini Corn Dogs</b>                  Zesty Green                  Bean Salad                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Chicken Patty</i></p>	<p>11/19</p> <p><b>Cheese Quesadilla</b>                  Zesty Tom Salsa                  Seasoned Red Beans                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Chicken Patty</i></p>	<p>11/20</p> <p><b>French Toast Sticks</b>                  Chicken Sausage                  Hash Browns                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Chicken Patty</i></p>	<p>11/21</p> <p><b>Beef-a- Roni!</b>                  Garlic Knot                  Garden Salad                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Chicken Patty</i></p>	<p>11/22</p> <p><b>Personal PIZZA</b>                  Cheese or Roni                  Baby Carrots &amp; Ranch                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Chicken Patty</i></p>
<p>11/25</p> <p><b>Pop Corn Chicken                  &amp; Mac n' Cheese</b>                  Golden Carrots                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Cheesy Bread</i></p>	<p>11/26</p> <p><b>Give Thanks!</b>  <b>Oven Rst Turkey</b>                  w/ Gravy, Smashed                  Potatoes, Corn &amp; Roll                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Cheesy Bread</i></p>	<p><b>Early Dismissal 11/27</b></p> <p><b>Rodeo Burger</b>                  BBQ Sauce &amp; Ched                  Onion Ring                  Baked Beans                  Rainbow Tray                  w/ Fruit &amp; Veggies</p> <p><i>Alt. Cheesy Bread</i></p>	<p>11/28</p>	<p>11/29</p> 

\*Menu subject to change without notice.

# FOOD NEWS!

- ❖ November 13 is World Kindness Day! Imagine what the world would be like if each person did one kind thing for someone else. Get started making a difference with these 3 simple ideas:
  - Compliment the first three people you talk to.
  - Write a hand-written note to a teacher.
  - Dedicate 24 hours to spreading positivity on social media.
- ❖ Purchase a lunch during the month of November and you have a chance to win a special treat! Every Thursday during the month of November is Lucky Tray Day! Check your tray after you finish your meal. If you have a sticker, bring to your lunch server, you just won! 😊

## Breakfast



A complete breakfast includes; Whole Grain based Entrée, Milk, Fruit and/or 100% Fruit Juice.  
Reduced Sugar Whole Grain Cereals are available in addition to the daily offering.



### Daily Breakfast Menu:

Cereal, Cheese Stick or Yogurt, Fruit, 100% Juice & Milk are offered Daily

**Monday:** WG Muffin (Assorted Flavors)

**Tuesday:** Breakfast Burrito

**Wednesday:** French Toast

**Thursday:** Bagel-Egg & Cheese

**Friday:** Assorted Breakfast Pastry

## Lunch

**Thursdays are Lucky Tray Day!!**



Every student that purchases a school lunch has the opportunity to win a treat for after their lunch!!

What does a complete hot lunch include?

Grain, meat/meat alternate, vegetable, fruit & milk

Students are encouraged to select all 5 components!

**!!New Fun Lunches!!**

**Offered Daily!**

**Cereal Fun Lunch or Muffin Fun Lunch!!**

Alternate lunches are available daily by request only and include all food group components.

**\*\*All Preschool meals include at least 6 oz. milk, ¼ cup vegetable, ¼ cup fruit, ½ slice or ½ serving of whole grains and 1 ½ oz meat/meat alternate, ¾ cup egg or 6 oz yogurt.\*\***



Lunch choices include: Fat Free or 1% Regular Milk and fat-free chocolate milk

