

SEPTEMBER

ELEMENTARY BREAKFAST

SELECTION OF CEREAL,
SMOOTHIES, MUFFINS, YOGURT,
FRESH FRUIT, AND MILK
OFFERED DAILY

FOLLOW US ONLINE
GOOD EATS HRC



M	T	W	T	F
			1	2
5 LABOR DAY	6 BREAKFAST PIZZA	7 BREAKFAST SANDWICH	9 CINNAMON ROLL	9 YOGURT PARFAIT
12 BREAKFAST PIZZA	13 FRENCH TOAST	14 BREAKFAST SANDWICH	15 CINNANMON ROLL	16 YOGURT PARFAIT
19 BREAKFAST PIZZA	20 STRAWBERRY PANCAKES	21 BREAKFAST SANDWICH	22 CINNAMON ROLL	23 YOGURT PARFAIT
26 BREAKFAST PIZZA	27 FRENCH TOAST	28 BREAKFAST SANDWICH	29 CINNAMON ROLL	30 YOGURT PARFAIT

Due to supply chain and distribution issues impacting our district and the world, our menu is subject to change. Keep this in mind when reviewing our printed and on-line menus.
This institution in an equal opportunity provider.

SEPTEMBER

ELEMENTARY LUNCH

DAILY OFFERINGS:
FRESH FRUIT
SALAD BAR
DELI SANDWICHES
PEANUT BUTTER & JELLY
SANDWICHES
MILK

FOLLOW US ONLINE
GOOD EATS HRC



M	T	W	T	F
			1	2
5 LABOR DAY NO SCHOOL	6 TERIYAKI CHICKEN W/ YAKISOBA NOODLES W/ ROASTED BROCCOLI	7 PIZZA DAY! CHEESE PEPPERONI/SAUSAGE VEGGIE	9 SPAGHETTI W/ MEAT SAUCE	9 CHICKEN BURGER W/ OVEN FIRES
12 POPCORN CHICKEN W/BREADSTICK	13 NACHOS W/ REFRIED BEANS	14 PIZZA DAY! CHEESE PEPPERONI/SAUSAGE VEGGIE	15 ROTINI PASTA BAKE W/ GARLICY ROASTED POTATOES	16 TURKEY HOT DOG
19 BRUNCH LUNCH FRENCH TOAST HASHBROWN BREAKFAST SASUAGE	20 BURRITO BOWL W/ BEANS	21 PIZZA DAY! CHEESE PEPPERONI/SAUSAGE VEGGIE	22 MAC & CHEESE W/ GARLICY ROASTED POTATOES	23 KOREAN BEEF BOWL W/ BROWN RICE
26 HAMBURGER/ CHEESEBURGER W/ TATOR TOTS	27 BEEF TACOS W/ BEANS	28 PIZZA DAY! CHEESE PEPPERONI/SAUSAGE VEGGIE	29 CHICKEN ALFREDO W/ BREADSTICK	30 CHICKEN DRUMSTICK W/ BREADSTICK

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SEPTEMBER

MIDDLE SCHOOL BREAKFAST

SELECTION OF CEREAL,
SMOOTHIES, MUFFINS, YOGURT,
FRESH FRUIT, AND MILK
OFFERED DAILY

FOLLOW US ONLINE
GOOD EATS HRC



M	T	W	T	F
			1	2
5 LABOR DAY	6 BREAKFAST PIZZA	7 BREAKFAST SANDWICH	9 CINNAMON ROLL	9 YOGURT PARFAIT
12 BREAKFAST PIZZA	13 FRENCH TOAST	14 BREAKFAST SANDWICH	15 CINNANMON ROLL	16 YOGURT PARFAIT
19 BREAKFAST PIZZA	20 STRAWBERRY PANCAKES	21 BREAKFAST SANDWICH	22 CINNAMON ROLL	23 YOGURT PARFAIT
26 BREAKFAST PIZZA	27 FRENCH TOAST	28 BREAKFAST SANDWICH	29 CINNAMON ROLL	30 YOGURT PARFAIT

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SEPTEMBER

MIDDLE SCHOOL LUNCH

DAILY OFFERINGS:
FRESH FRUIT
SALAD BAR
DELI SANDWICHES
PEANUT BUTTER & JELLY
SANDWICHES
MILK

FOLLOW US ONLINE
GOOD EATS HRC



M

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			1	2
5 LABOR DAY NO SCHOOL	6 TERIYAKI CHICKEN W/ YAKISOBA NOODLES W/ ROASTED BROCCOLI	7 PIZZA DAY! CHEESE PEPPERONI/SAUSAGE VEGGIE	9 SPAGHETTI W/ MEAT SAUCE	9 CHICKEN BURGER W/ OVEN FIRES
12 MOZZERELLA STICKS W/MARINARA	13 NACHOS W/ REFRIED BEANS	14 PIZZA DAY! CHEESE PEPPERONI/SAUSAGE VEGGIE	15 ROTINI PASTA BAKE W/ GARLICY ROASTED POTATOES	16 POPCORN CHICKEN W/ BREADSTICK
19 BRUNCH LUNCH FRENCH TOAST HASHBROWNS BREAKFAST SAUSAGE	20 BURRITO BOWL W/ BEANS	21 PIZZA DAY! CHEESE PEPPERONI/SAUSAGE VEGGIE	22 MAC & CHEESE W/ GARLICY ROASTED POTATOES	23 KOREAN BEEF BOWL W/ BROWN RICE
26 HAMBURGER/ CHEESEBURGER W/ TATOR TOTS	27 BEEF TACOS W/ BEANS	28 PIZZA DAY! CHEESE PEPPERONI/SAUSAGE VEGGIE	29 CHICKEN ALFREDO W/ BREADSTICK	30 CHICKEN DRUMSTICK W/ BREADSTICK

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SEPTEMBER

HIGH SCHOOL BREAKFAST

SELECTION OF CEREAL, YOGURT
PARFAIT, BAGEL, MUFFINS,
FRESH FRUIT, AND MILK
OFFERED DAILY

FOLLOW US ONLINE
GOOD EATS HRC



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			1	2
5 LABOR DAY	6 FRENCH TOAST W/ SAUSAGE	7 BREAKFAST SANDWICH	9 FRENCH TOAST W/ SAUSAGE	9 BREAKFAST BURRITO
12 BREAKFAST PIZZA	13 FRENCH TOAST W/ SAUSAGE	14 BREAKFAST SANDWICH	15 FRENCH TOAST W/ SAUSAGE	16 BREAKFAST BURRITO
19 BREAKFAST PIZZA	20 FRENCH TOAST W/ SAUSAGE	21 BREAKFAST SANDWICH	22 FRENCH TOAST W/ SAUSAGE	23 BREAKFAST BURRITO
26 BREAKFAST PIZZA	27 FRENCH TOAST W/ SAUSAGE	28 BREAKFAST SANDWICH	29 FRENCH TOAST W/ SAUSAGE	30 BREAKFAST BURRITO

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SEPTEMBER

HIGH SCHOOL LUNCH

DAILY OFFERINGS:
NACHOS | ENCHILADAS | QUESADILLA
GRAB & GO FAST PACKS

FRESH FRUIT
SALAD BAR
MILK

FOLLOW US ONLINE
GOOD EATS HRC



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			1	2
5 LABOR DAY NO SCHOOL	6 <u>BURGER</u> CHEESE OR BACON <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE	7 TERIYAKI CHICKEN <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE	9 <u>BURGER</u> CHEESE OR BACON <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE	9 CORN DOG POPCORN CHICKEN <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE
12 CHICKEN STRIPS MOZZARELLA STICKS <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE	13 <u>BURGER</u> CHEESE OR BACON <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE	14 SWEET & SOUR CHICKEN <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE	15 <u>BURGER</u> CHEESE OR BACON <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE	16 CORN DOG POPCORN CHICKEN <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE
19 CHICKEN STRIPS MOZZARELLA STICKS <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE	20 <u>BURGER</u> CHEESE OR BACON <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE	21 TERIYAKI CHICKEN W/ YAKISOBA NOODLES <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE	22 <u>BURGER</u> CHEESE OR BACON <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE	23 CORN DOG POPCORN CHICKEN <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE
26 CHICKEN STRIPS MOZZARELLA STICKS <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE	27 <u>BURGER</u> CHEESE OR BACON <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE	28 MADARIN CHICKEN PIZZA CHEESE, PEPPERONI, SAUSAGE, VEGGIE	29 <u>BURGER</u> CHEESE OR BACON <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE	30 CORN DOG POPCORN CHICKEN <u>PIZZA</u> CHEESE, PEPPERONI, SAUSAGE, VEGGIE

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