

HCS K 12

(UPPER SCHOOL ONLY GETS FRESH FRUIT NO CUPS/APPLESAUCE)

May BREAKFAST

Breakfast full price:	\$2.25
Breakfast reduced price:	\$0.30
Lunch full price:	\$3.75
Lunch reduced price:	\$0.40
Milk only:	\$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fresh Apple-1 W/G Lemon Loaf-2 oz. Dino Grahams-2 Milk-8 oz.	2 Diced Peach Cup-1/2 c. Orange Juice-4 oz. Honey Graham Toasters Cereal-1 oz. Whole Grain Bread / Milk-8 oz.	3 Fresh Pear-1 W/G Superdonut-1 Milk-8 oz.	4 Fresh Orange-1 Trix Cereal-1 oz. Bear Grahams-2 Milk-8 oz.
7 Fresh banana-1 Fruit Loops Cereal-1 oz. Bear Grahams-2 Milk-8 oz.	8 Fresh Pear-1 Honey Scooters Cereal-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.	9 Fresh Orange-1 Whole Grain White Bagel w/ Cream Cheese-1 Milk-8 oz.	10 1:00PM DISMISSAL Diced Pear Cup-1/2 c. Apple Juice-4 oz. W/G Superbun-1 Milk-8 oz.	11 Fresh Orange-1 Matey's Cereal-1 oz. Dino Grahams-2 Milk 8 oz.
14 Fresh Orange-1 Apple Breakfast Bar-1 Honey Graham Toasters Cereal-1 oz. / Milk-8 oz.	15 Fresh Pear-1 W/G Lemon Loaf-2 oz. Waffle Grahams-2 Milk-8 oz.	16 Fresh Orange-1 Wheat Bagel w/ Cream Cheese-1 Milk-8 oz.	17 Fresh Banana-1 Alpha-Bits Cereal-1 oz. Dino Grahams-2 Milk-8 oz.	18 Fresh Pear-1 Multigrain Cheerios-1 oz. Bear Grahams-2 Milk-8 oz.
21 Fresh Orange-1 Apple Cinnamon Cheerios Cereal-1 oz. Whole Grain Bread / Milk-8 oz.	22 Fresh Apple-1 W/G Corn Bread Loaf-2 oz. Bear Grahams-2 Milk-8 oz.	23 Strawberry Applesauce Cup-1/2 c. Orange Tangerine Juice-4 oz. Oat Blenders Cereal-1 oz. Waffle Grahams-2 / Milk-8 oz.	24 Fresh Orange-1 Whole Grain White Bagel w/ Cream Cheese-1 Milk-8 oz.	25 1:00PM DISMISSAL Fresh Pear-1 Cinnamon Toasters Cereal-1 oz. Dino Grahams-2 Mill-8 oz.
28 Fresh Pear-1 Frosted Mini Wheats Cereal-1 oz. Waffle Grahams-2 / Milk-8 oz.	29 Fresh Apple-1 W/G Banana Loaf-2 oz. Dino Grahams-2 Milk-8 oz.	30 Fresh Pear-1 Fruity Cheerios-1 oz. Waffle Grahams-2 Milk-8 oz.	31 Fresh Apple-1 W/G Superdonut-1 Milk-8 oz.	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Nachos w/ Cheese Sauce-5 oz. Black beans -3/4 c. Yellow Corn Tortilla Chips-1 oz. Fresh Orange - 1 Milk-8 oz.	2 Meatball Sub-1 Green Beans-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	3 Whole Grain French Toast Sticks w/ Syrup-4 Beef Sausage Links-3 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 / Milk-8 oz.	4 Baked Ziti-5 oz. Romaine Salad w/ Dressing-1 1/2 c. Strawberry Applesauce Cup-1/2 c. Whole Grain Italian Bread Milk-8 oz.
7 W/G Chicken Fryz - 3 oz. Diced Carrots-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	8 Beef Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. W/G Yellow Corn Tortilla Chips-1 oz. Fresh Apple-1/Milk-8 oz.	9 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Fresh Apple-1. Whole Wheat Dinner Roll / Milk-8 oz.	10 1:00PM DISMISSAL Sliced Chicken Breast on a Whole Wheat Bun-1 Celery Sticks w/ Dip-3/4 c. Fresh Banana-1 / Milk-8 oz.	11 Whole Grain Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
14 W/G Chicken Nuggets-3.75 oz. Diced Carrots-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	15 Beef Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. W/G Yellow Corn Tortilla Chips-1 oz. Fresh Orange -1/Milk-8 oz.	16 Swedish Turkey Meatballs-3 oz. Roasted Potato Medley-3/4 c. Fresh Banana-1 Whole Wheat Dinner Roll Milk-8 oz.	17 Breaded Chicken Patty on a Whole Wheat Bun-1 Green Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	18 Macaroni and Cheese-5 oz. Broccoli Florets—3/4 C. Peach Applesauce Cup-1/2 C. Whole Grain Bread Milk-8oz.
21 All Beef Hamburger on a a Whole Wheat Bun-1 Vegetarian Beans-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	22 Beef Nachos w/ Cheese Sauce-5 oz. Romaine Salad w/ Dressing-1 1/2 c. Yellow Corn Tortilla Chips-1 oz. Fresh Pear - 1 Milk-8 oz.	23 Meatloaf w/ Ketchup-3 oz. Mashed Potatoes-3/4 c. Whole Wheat Dinner Roll Fresh Apple-1 Milk-8 oz.	24 Turkey Meatball Sub-1 Diced Carrots-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	25 1:00PM DISMISSAL Sliced Turkey and Cheese on a Whole Wheat Bun-1 Celery sticks w/ Dip-3/4 c. Fresh Orange-1 Milk-8 oz.
28 Breaded Chicken Patty on a Whole Wheat Bun-1 Green beans -3/4 c. Fresh Apple-1 Milk-8 oz.	29 Beef Taco's w/ Shredded Cheddar Cheese-2 Kidney Beans-3/4 c. W/G Yellow Corn Tortilla Chips-1 oz. Fresh Orange-1 / Milk-8 oz.	30 All Beef Hamburger on a Whole Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz.	31 All Beef Hot Dog on a Whole Wheat Bun—1 Hot Baby Carrots-3/4 C. Fresh Pear—1 Milk-8oz.	PLEASE NOTE THAT ALL 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS

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May COLD LUNCH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Bologna and Cheese on Whole Grain Bread-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz.	2 Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Fresh Green Beans w/Dip-3/4 c. Fresh Banana-1 Milk-8 oz.	3 Turkey Ham and Swiss Cheese on Whole Grain Sub Roll-1 Fresh Baby Carrots w/ Dip- 3/4 c. Fresh Apple-1 / Milk-8 oz.	4 Turkey on Whole Wheat Roll-1 Tossed Salad Cup w Dressing Strawberry Applesauce-1/2 c. Milk-8 oz.
7 Turkey Breast on Whole Wheat Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Orange-1 Milk-8 oz.	8 Fresh Turkey Breast on Whole Grain Bread-1 Black Bean and Corn Salad Fresh Orange-1 / Milk-8 oz. Milk-8 oz.	9 Chicken Salad on Whole Grain Potato Roll-1 Potato Salad Cup Fresh Apple-1 Milk-8 oz.	10 1:00PM DISMISSAL	11 Sliced Chicken and Cheese on Whole Grain Bread-1 Fresh Broccoli w/Dip-3/4 c. Applesauce-1/2 c. Milk-8 oz.
14 Beef Salami and Cheese on Whole Wheat Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.	15 Beef Bologna and Cheese on Whole Grain Bread-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz.	16 Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Banana-1 Milk-8 oz.	17 Turkey Ham and Swiss Cheese on Whole Grain Sub Roll-1 Celery Sticks w/ Dip 3/4 c. Fresh Apple-1 / Milk-8 oz.	18 Turkey on Wheat Roll-1 Fresh Broccoli w/Dip-3/4 c. Peach Applesauce-1/2 c. Milk-8 oz.
21 Beef Bologna and Cheese on Whole Grain Bread-1 Black Bean and Corn Salad Applesauce-1/2 c. /Milk-8 oz.	22 Fresh Turkey Breast on Whole Grain Bread-1 Fresh Broccoli w/ Dip 3/4 c. Fresh Pear-1 / Milk-8 oz.	23 Chicken Salad on Potato Roll-1 Potato Salad Cup Fresh Apple-1 Milk-8 oz.	24 Beef Bologna and Cheese on Wheat Kaiser Roll-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Banana-1 / Milk-8 oz.	25 1:00PM DISMISSAL
28 Turkey Breast on a Whole Wheat Bun-1 Fresh Green Beans w/ Dip 3/4 c. Fresh Apple-1 Milk-8 oz.	29 Beef Bologna and Cheese on Whole Grain Bread-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz.	30 Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Apple-1 Milk-8 oz.	31 Turkey Ham and Provolone Cheese on Whole Grain Sub Roll-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Pear-1 / Milk-8 oz.	PLEASE NOTE THAT ALL 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS

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VEGETERIAN

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Milk only:	\$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Veggie Taco's w/ Shredded Cheddar Cheese-2 Black Beans-3/4 c. W/G Soft Taco Shells-2 Fresh Orange-1/Milk-8 oz.	2 Veggie Meatball Sub-1 Green Beans-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	3 Whole Grain French Toast Sticks w/ Syrup-4 & Hash Brown Patty-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 Cheese Stick-1/Milk-8 oz.	4 Baked Ziti-5 oz. Romaine Salad w/ Dressing-1 1/2 c. Strawberry Applesauce Cup-1/2 c. Whole Grain Italian Bread Milk-8 oz.
7 Veggie Nuggets-3 oz. Diced Carrots -3/4 c. Fresh Orange-1 Wheat Dinner Roll Milk-8 oz.	8 Veggie Taco's w/ Shredded Cheddar Cheese-2 Refried Beans -3/4 c. W/G Soft Taco Shells-2 Fresh Orange-1/Milk-8 oz.	9 Whole Grain Bean & Cheese Burrito-5 oz. Mashed Potatoes-3/4 c. Fresh Apple-1 Milk-8 oz.	10 1:00PM DISMISSAL American Cheese on a Whole Wheat Bun-1 Celery Sticks w/ Dip-3/4 c. Fresh Banana-1 Milk-8 oz.	11 Whole Grain Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
14 Veggie Nuggets-3 oz. Diced carrots -3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	15 Veggie Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. W/G Yellow Corn Tortilla Chips-1 oz. Fresh Orange-1/Milk-8 oz.	16 Veggie Meatballs w/ Gravy-4 Roasted Potato Medley-3/4 c. Fresh Banana-1 Whole Wheat Dinner Roll Milk-8 oz.	17 Veggie Breaded Chicken Patty on a Whole Wheat Bun-1 Green Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	18 Macaroni and Cheese-5 oz. Broccoli Florets—3/4 C. Peach Applesauce Cup-1/2 C. Whole Grain Bread Milk-8oz.
21 Veggie Burger on a Whole Wheat Bun-1 Vegetarian Beans-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	22 Veggie Taco's w/ Shredded Cheddar Cheese-2 Romaine Salad w/ Dressing-1 1/2 c. W/G Soft Taco Shells-2 Fresh Orange-1/Milk-8 oz.	23 Mozzarella Sticks-4 Mashed Potatoes-3/4 c. Whole Wheat Dinner Roll Fresh Apple-1 Milk-8 oz.	24 Veggie Meatball Sub-1 Diced Carrots-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	25 1:00PM DISMISSAL American Cheese on a Whole Wheat Bun-1 Celery Sticks w/ Dip-3/4 c. Fresh Orange-1 Milk-8 oz.
28 Veggie Breaded Chicken Patty on a Wheat Bun-1 Green Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	29 Veggie Taco's w/ Shredded Cheddar Cheese-2 Kidney Beans-3/4 c. W/G Yellow Corn Tortilla Chips-1 oz. Fresh Orange-1 /Milk-8 oz.	30 Veggie Burger on a Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz.	31 Veggie Hot Dog on a Wheat Bun—1 Hot Baby Carrots-3/4 C. Fresh Pear—1 Milk-8oz.	PLEASE NOTE THAT ALL 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS