

*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  
**February 2020**

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

2/3	2/4	2/5	2/6	2/7
<b>Mini Corn Dogs</b> Maple Baked Beans Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Tenders</i>	<b>Cheese &amp; Chicken Quesadilla</b> Sweet Steamed Corn Rainbow Tray w/ Fruit & Veggies Zesty Tomato Salsa  <i>Alt. Chicken Tenders</i>	<b>Chicken Parm Roll</b> Garden Salad Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Tenders</i>	<b>Pancakes w/ Syrup</b> Chicken Sausage Hash Browns Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Tenders</i>	<b>Primo PIZZA SLICE</b> Cheese or Roni Baby Carrots Rainbow Tray w/ Fruit & Veggies <b>National Pizza Day!!</b>  <i>Alt. Chicken Tenders</i>
2/10	2/11	2/12	2/13	EARLY DISMISSAL 2/14
<b>Toasted Cheese w/ Ham Sandwich</b> Golden Carrots Potato Chips Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Patty</i>	<b>Pulled Pork Nachos</b> Tortilla Chips & Cheese Steamed Green Beans Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Patty</i>	<b>Cheeseburger</b> Baked Beans Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Patty</i>	<b>Sloppy Joe</b> On WG Roll Oven Baked Fries Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Patty</i>	<b>French PIZZA</b> Cheese or Roni Garden Salad Rainbow Tray w/ Fruit & Veggies <b>National No one Eats Alone Day!</b> <i>Alt. Chicken Patty</i>
2/17	2/18	2/19	2/20	2/21
			<b>French Toast Sticks</b> Chicken Sausage Hash Browns Rainbow Tray w/ Fruit & Veggies  <i>Alt. Cheese Burger</i>	<b>Personal PIZZA</b> Cheese or Roni Baby Carrots Rainbow Tray w/ Fruit & Veggies  <i>Alt. Cheese Burger</i>
2/24	2/25	2/26	2/27	2/28
<b>Pop Corn Chicken &amp; Mac n' Cheese</b> Sweet Steamed Corn Rainbow Tray w/ Fruit & Veggies  <i>Alt. All Beef Hot Dog</i>	<b>Beef Nachos Topped w/ Cheese</b> Over Tortilla Chips Seasoned Black Beans Rainbow Tray w/ Fruit & Veggies  <i>Alt. All Beef Hot Dog</i>	<b>Mozzarella Sticks</b> Marinara Sauce Garden Salad Rainbow Tray w/ Fruit & Veggies  <i>Alt. All Beef Hot Dog</i>	<b>General Tso's</b> Golden Carrots Seasoned Brown Rice Fortune Cookie Rainbow Tray w/ Fruit & Veggies  <i>Alt. All Beef Hot Dog</i>	<b>French Bread PIZZA</b> Cheese or Roni Cucumber Wheels Rainbow Tray w/ Fruit & Veggies  <i>Alt. All Beef Hot Dog</i>

\*Menu subject to change without notice.

# FOOD NEWS!

- ❖ No One Eats Alone is a positive prevention initiative from nonprofit Beyond Differences aimed at creating a lunchtime of inclusion. Organized by students for students, middle schools across the nation look beyond differences and find ways to start conversations at lunchtime – with everyone. No one eats alone on Friday Feb 14<sup>th</sup>!
- ❖ Random Acts of Kindness Day 2020. Celebrated on February 17th, National Random Acts of Kindness Day has grown in popularity each year. It is celebrated by individuals, groups and organizations, nationwide, to encourage acts of kindness.

## 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:** Mini Pancakes

**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



**This Is an Equal Opportunity Institution**

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