



January 2008

HMS & HHS Lunch



School News

Minimum Requirements:
 Meat/Meat Alt: 2 oz.
 Grains/Breads: 8 svg./wk
 Fruit/Veg: ¾ c/day
 Milk (choices): 8 oz.

“USDA is an equal opportunity provider and employer.”

Homework Hotlines:
 East End: 784-4171
 Stigall: 784-2825
 HMS: 784-9514
 HHS: 784-2781

* New Menu Item of the Month
 Highlighted – Health Star Food



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 No School	2 No School	3 Manager's Choice Sloppy Joes Tater Tots Lima Beans Fruit, Milk, Roll (?)	4 Pizza (Domino's at HHS) Beef Sticks Veggie Blend Normandy Onion Rings Fruit, Roll, Milk
7 Spaghetti Chicken Patty Tossed Salad Green Beans Fruit, Toast, Milk	8 Beef Tacos Chicken Rings Mexicali Corn Fries Fruit, Roll, Milk	9 Salisbury Steak / Gravy Chicken Strips Whipped Potatoes Green Peas Fruit, Roll, Milk	10 Manager's Choice Popcorn Chicken Broccoli Casserole ½ Baked Potato Fruit, Roll, Milk	11 Pizza (Domino's at HHS) Corn Dog Potato Wedges Peas & Carrots Fruit, Milk
14 Ravioli Casserole Cheeseburger / Bun Lettuce/Tomato/Pickle Steamed Broccoli Fries Fruit, Milk	15 Chili Grilled Cheese Potato Rounds Green Beans Fruit, Toast, Milk	16 Chicken Nuggets Beef-a-roni Sweet Potato Pie Lima Beans Fruit, Roll, Milk	17 Manager's Choice Teriyaki Chicken Dippers Brown Rice Calif. Mixed Veggies Fruit, Roll, Milk	18 Pizza (Domino's at HHS) Bologna/Cheese Sand. Fries Carrot Sticks / Ranch Fruit, Milk
21 No School	22 Grilled Chicken Sand. Corn Dog Onion Rings Baked Beans Fruit, Milk	23 Veggie Beef Soup Grilled Cheese Fries Blackeyed Peas Fruit, Toast, Milk	24 Manager's Choice Chili Dog Corn Tossed Salad Fruit, Milk, Roll (?)	25 Pizza (Domino's at HHS) Hamburger Lettuce/Tomato/Pickle Potato Rounds 5 way Mixed Veggies Fruit, Milk
28 Beef Sticks Sweet & Sour Chicken Egg Rolls Steamed Carrots Fruit, Roll, Milk	29 Deli Sandwiches Turkey/Cheese or Ham/Cheese Mac & Cheese Green Peas Fruit, Milk	30 * Beef Stir Fry Baked Ham Corn on Cob Vegetable Stix Fruit, Roll, Milk	31 Manager's Choice Baked Chicken Redskin Potatoes Broccoli / Cheese Fruit, Roll, Milk	