

LUNCH

Hesston USD 460

September
2019

The USDA is an equal opportunity provider & employer

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Italian Pasta Bake Stoplight Peppers Carrots Garlic Breadstick Peaches Fruit Choice Milk	4 Turkey Sandwich Lettuce/tomato French Fries California Veggie Grapes Fruit Choice Milk	5 Crispito Salad/tomatoes Salsa Mexican Corn Banana Fruit Choice Milk	6 Grilled Chick Sandwich Baked Beans Cucumbers/Celery Cantaloupe Brownie Fruit Choice Milk
9 Cheese Breadsticks w/ Marinara Sauce Salad/tomatoes Green Beans Kiwi Fruit Choice Milk	10 Beef Nachos Refried Beans Lettuce/tomato Salsa Pineapple Fruit Choice Milk	11 Corn Dog Tater Tots Broccoli & Cauliflower Watermelon Snickerdoodles Fruit Choice Milk	12 Chicken Nuggets Sw/sour Sauce Rice Carrots & Cukes Mandarin Orange Fortune Cookie Fruit Choice Milk	13 Chicken Quesadilla Tostito & Black Bean Salsa (9-12) Salad/tomatoes Stoplight Peppers Pears Fruit Choice Milk
16 No School	17 Chicken Strips French Fries California Veggies Mixed Fruit Roll Fruit Choice Milk	18 Tetrzzini Garlic Breadstick Peas Salad/tomatoes Baked Apples Fruit Choice Milk	19 Hamburger Lettuce & Tomato Sweet Potato Fries Baked Beans Cantaloupe Fruit Choice Milk	20 Drumstick Scalloped Potatoes Broccoli & Cauliflower Roll Kiwi Fruit Choice Milk
23 Spaghetti Garlic Breadstick Salad/tomatoes Peas Mandarin Orange Fruit Choice Milk	24 Chicken Fajita Romaine/tomato Stoplight Peppers Tropical Fruit Oatmeal Cookie Fruit Choice Milk	25 Pig in a blanket Potato Wedges Broccoli & cheese Apples Fruit Choice Milk	26 Taco Salad Corn Chips Salsa Refried Beans Grapes Cinnamon Puff Fruit Choice Milk	27 Chicken Noodles Mashed Potatoes Green Beans Roll (5-12) Mixed Fruit w/strawberries Fruit Choice Milk
30 Crunchy Munchy Chili Celery & Cukes Oranges Cinnamon Roll Fruit Choice Milk				Menus are subject to change without notice

Breakfast

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>High School Breakfast</u></p> <p><u>Cereals, Muffins, Yogurt, Fruit, Juice, Milk</u></p>				<p>Menus are subject to change without notice</p>
<p>2</p> <p>No School</p>	<p>3 Cheese Omelet & Biscuit OR Cereal Variety Yogurt Fruit Juice Variety Milk Variety</p>	<p>4 Doughnuts OR Cereal Variety Muffin Fruit Juice Variety Milk Variety</p>	<p>5 Sausage Square OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>	<p>6 Biscuit & Gravy OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>
<p>9 Breakfast on A stick OR Cereal Variety Muffin Fruit Juice Variety Milk Variety</p>	<p>10 Cheese Omelet & Biscuit OR Cereal Variety Yogurt Fruit Juice Variety Milk Variety</p>	<p>11 Doughnuts OR Cereal Variety Muffin Fruit Juice Variety Milk Variety</p>	<p>12 Sausage Square OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>	<p>13 Biscuit & Gravy OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>
<p>16</p> <p>No School</p>	<p>17 Cheese Omelet & Biscuit OR Cereal Variety Yogurt Fruit Juice Variety Milk Variety</p>	<p>18 Doughnuts OR Cereal Variety Muffin Fruit Juice Variety Milk Variety</p>	<p>19 Sausage Square OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>	<p>20 Biscuit & Gravy OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>
<p>23 Breakfast on A stick OR Cereal Variety Muffin Fruit Juice Variety Milk Variety</p>	<p>24 Cheese Omelet & Biscuit OR Cereal Variety Yogurt Fruit Juice Variety Milk Variety</p>	<p>25 Doughnuts OR Cereal Variety Muffin Fruit Juice Variety Milk Variety</p>	<p>26 Sausage Square OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>	<p>27 Biscuit & Gravy OR Cereal Variety Cereal Bar Fruit Juice Variety Milk Variety</p>