

HAYES FREEDOM HIGH SCHOOL

April 2017

Breakfast Prices

Breakfast: \$2.05

Reduced: Free

Lunch Prices

Lunch: \$3.10

Reduced: \$0.40

Daily Breakfast

A variety of Whole Grain Cereals, Whole Wheat Bagels, Fresh Fruit & Yogurt

Monday: Whole Grain French Toast Sticks

Tuesday: Cinnamon & Brown Sugar Oatmeal Round

Wednesday: Whole Grain Breakfast Pizza

Thursday: Turkey Sausage, Egg & Cheese Bagel

Friday: Pancake on a Stick

Second Chance Breakfast

Cereal Bar w/Cheese Stick, Cereal with Crackers, Bagel & Cream Cheese, Muffins, Fruit and Vegetable of the day

Monday: Yogurt & Graham Crackers

Tuesday: Giant Fish Graham with Cheese Stick

Wednesday: WG Pretzel & Strawberry Cream Cheese

Thursday: Strawberry Yogurt Chex Mix with Cheese Stick

Friday: Wheat Crackers with Cheese Sticks

Weekly Sandwich Choices

4/10 – 4/14: Chicken Caesar Wrap

4/17 – 4/21: Pizza Sub

4/24 – 4/28: Fiesta Wrap

Choice of Ham or Turkey sandwiches daily

Weekly Salad Choices

4/10 – 4/14: Hummus Salad

4/17 – 4/21: Crispy Chicken Salad

4/24 – 4/28: Southwest Chicken BBQ Salad

Choice of Chef or Chicken Caesar salads daily

Great Variety & Healthy Choices

All meals include a visit to the Garden Bar

Low Fat Milk, Fat Free Milk and

Juice available daily

FORTUNE COOKIES EVERY MONDAY!				
HAVE	A	FUN	SPRING	BREAK!
4/10 Chicken Teriyaki Chicken Burger	4/11 Bean & Cheese Enchilada Corn Dog	4/12 Nachos Cheeseburger	4/13 Mac & Cheese Chicken Burger <u>Dessert:</u> Cookie!	4/14 Nachos Pizza
4/17 Beef Dippers Chicken Burger	4/18 Chicken Mexican Bowl Corn Dog	4/19 Nachos Cheeseburger	4/20 Spaghetti & Meat Sauce Chicken Burger <u>Dessert:</u> Brownie!	4/21 Nachos Pizza
4/24 Korean Meatballs with Yakisoba Chicken Burger	4/25 French Toast Sticks, Egg and Sausage Corn Dog	4/26 Nachos Cheeseburger	4/27 Mashed Potatoes with Turkey Gravy Chicken Burger <u>Dessert:</u> Ice Cream!	4/28 Nachos Pizza