

HAYES FREEDOM HIGH SCHOOL DECEMBER 2017

Breakfast Prices

Breakfast: \$2.05

Reduced: Free

Lunch Prices

Lunch: \$3.20

Reduced: \$0.40

Daily Breakfast

- Choice of daily entree listed below
- Variety of whole grain cereal with graham crackers
- Whole wheat bagels with cream cheese
 - Oatmeal with cheese stick
 - A variety of fruits and milk.

Second Chance Breakfast

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

Monday: Pop Tart w/ Cheese Stick

Tuesday: Giant Fish Graham with Cheese Stick

Wednesday: WG Pretzel & Strawberry Cream Cheese

Thursday: Giant Fish Graham with Cheese Stick

Friday: Pop Tart w/ Cheese Stick

Weekly Sandwich Choices

11/27-12/1: Teriyaki Chicken Wrap
12/4-12/8: Crispy Chicken Wrap
12/11-12/15: The Celebrity Wrap
12/18-12/19: Chicken, Bacon, Ranch Wrap

Choice of Ham or Turkey sandwiches daily

Weekly Salad Choices

11/27-12/1: Beef Taco Salad
12/4-12/8: Crispy Chicken Salad w/ Roll
12/11-12/15: Chicken Taco Salad
12/18-12/19: Asian Chicken Salad w/Roll

Choice of Chef or Chicken Caesar salads daily

Great Variety & Healthy Choices

All meals include a visit to the Garden Bar, Low-Fat or Fat-Free Milk and Juice

				<p><u>12/1</u></p> <p>Smoothie w/ Graham Cracker</p> <p>Chicken Quesadilla</p> <p>Cheeseburger</p>
<p><u>12/4</u></p> <p><u>Pancakes w/ Fruit Topping</u></p> <p>Beef & Cheese Nachos</p> <p>Cheeseburger</p>	<p><u>12/5</u></p> <p><u>Cherry Fruit Pocket</u></p> <p>Pepperoni/Cheese Pizza</p> <p>Chicken Burger</p>	<p><u>12/6</u></p> <p><u>Sausage & Cheese Biscuit</u></p> <p>Burrito Verde</p> <p>Corn Dog</p> <p>Specialty Parfait</p>	<p><u>12/7</u></p> <p><u>French Toast & Sausage</u></p> <p>BBQ Pork on WW Bun</p> <p>Chicken Burger</p>	<p><u>12/8</u></p> <p>Smoothie w/ Graham Cracker</p> <p>Queso Mac & Cheese</p> <p>Cheeseburger</p> <p><i>Dessert: Brownies!</i></p>
<p><u>12/11</u></p> <p><u>Pancakes w/ Syrup</u></p> <p>BBQ Chicken Flatbread</p> <p>Cheeseburger</p>	<p><u>12/12</u></p> <p><u>Apple Fruit Pocket</u></p> <p>Teriyaki Beef Dippers w/ Rice</p> <p>Chicken Burger</p>	<p><u>12/13</u></p> <p><u>Cinnamon Rolls</u></p> <p>Cheesy Breadsticks w/ Marinara</p> <p>Corn Dog</p> <p>Specialty Parfait</p>	<p><u>12/14</u></p> <p><u>Blueberry Bagel w/ Cream Cheese</u></p> <p>Grilled Cheese & Soup</p> <p>Chicken Burger</p> <p><i>Dessert: Cookies!</i></p>	<p><u>12/15</u></p> <p>Smoothie w/ Graham Cracker</p> <p>Fish & Chips</p> <p>Cheeseburger</p>
<p><u>12/18</u></p> <p><u>Pancake on a Stick</u></p> <p>Teriyaki Chicken w/ Rice</p> <p>Cheeseburger</p>	<p><u>12/19</u></p> <p><u>Breakfast Burrito</u></p> <p>Hot Dog on WW Bun</p> <p>Chicken Burger</p>	<p><u>12/20</u></p> <p>NO SCHOOL</p>	<p><u>12/21</u></p> <p>NO SCHOOL</p>	<p><u>12/22</u></p> <p>NO SCHOOL</p>
<p><u>12/25</u></p> <p>NO SCHOOL</p>	<p><u>12/26</u></p> <p>NO SCHOOL</p>	<p><u>12/27</u></p> <p>NO SCHOOL</p>	<p><u>12/28</u></p> <p>NO SCHOOL</p>	<p><u>12/29</u></p> <p>NO SCHOOL</p>