

HAYES FREEDOM HIGH SCHOOL

February 2018

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
 - Whole wheat bagels
 - Oatmeal
- Yogurt w/ Graham Cracker
- 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: Strawberry Yogurt Chex Mix with Cheese Stick

Friday: Pop Tart w/ Cheese Stick

Weekly Sandwich Choices

2/1-2/2: SW Chicken Wrap

2/5-2/9: Teriyaki Chicken Wrap

2/12-2/16: Celebrity Wrap

2/19-2/23: Crispy Chicken Wrap

2/26-2/28: Chicken, Bacon Ranch Wrap

Choice of Ham or Turkey sandwiches daily

Weekly Salad Choices

2/1-2/2: Greek Salad w/ Rolls

2/5-2/9: Beef Taco Salad

2/12-2/16: Crispy Chicken Salad w/ Roll

2/19-2/23: Chicken Taco Salad

2/26-2/28: Asian Chicken Salad w/ Rolls

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>2/1</u> Pancakes w/ Syrup</p> <p>Roasted Chicken w/ Mashed Potatoes Chicken Burger Dessert: Cookie!</p>	<p><u>2/2</u> Smoothie w/ Graham Cracker</p> <p>Fish & Chips Cheeseburger</p>
<p><u>2/5</u> Cherry Fruit Pocket</p> <p>Bean & Cheese Burrito Cheeseburger</p>	<p><u>2/6</u> Chocolate Chip Breakfast Round</p> <p>Pork Street Tacos Chicken Burger</p>	<p><u>2/7</u> Mini Cinnamon Rolls</p> <p>Twisted Dog Corn Dog Specialty Parfait</p>	<p><u>2/8</u> WW Bagel w/ Cream Cheese</p> <p>Sloppy Joes on a WW Bun Chicken Burger Dessert: Brownies!</p>	<p><u>2/9</u> Smoothie w/ Graham Cracker</p> <p>Beef Lasagna Cheeseburger</p>
<p><u>2/12</u> Pancake on a Stick</p> <p>Beef & Cheese Nachos Cheeseburger</p>	<p><u>2/13</u> Warm Biscuits & Gravy</p> <p>Turkey Pot Pie Chicken Burger</p>	<p><u>2/14</u> Ham & Cheese English Muffin</p> <p>Beef & Broccoli w/ Rice Corn Dog Specialty Parfait <i>Valentine's Day Treat!</i></p>	<p><u>2/15</u> Mini Maple Waffles</p> <p>BBQ Pork on a WW Bun Chicken Burger</p>	<p><u>2/16</u> NO SCHOOL</p>
<p><u>2/19</u> NO SCHOOL</p>	<p><u>2/20</u> Warm Apple Pocket</p> <p>Chicken & Waffles Chicken Burger</p>	<p><u>2/21</u> Mini Cinnamon Rolls</p> <p>Cheesy Breadsticks w/ Marinara Corn Dog Specialty Parfait</p>	<p><u>2/22</u> Blueberry Bagel w/ Cream Cheese</p> <p>BBQ Meatball Sub Chicken Burger Dessert: Cookie!</p>	<p><u>2/23</u> Smoothie w/ Graham Cracker</p> <p>Spaghetti w/ Meat Sauce Cheeseburger</p>
<p><u>2/26</u> Pancake on a Stick</p> <p>Teriyaki Chicken w/ Rice Cheeseburger</p>	<p><u>2/27</u> Breakfast Burrito</p> <p>Hot Dog on WW Bun Chicken Burger</p>	<p><u>2/28</u> Egg & Cheese English Muffin</p> <p>Beef & Cheese Nachos Corn Dog Specialty Parfait</p>		