

HAYES FREEDOM HIGH SCHOOL

January 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

1/1-1/5: Teriyaki Chicken Wrap

1/8-1/12: Celebrity Wrap

1/15-1/19: Crispy Chicken Wrap

1/22-1/26: Chicken, Bacon, Ranch Wrap

1/29-2/2: SW Chicken Wrap

Choice of Ham or Turkey sandwiches daily

Weekly Salad Choices

1/1-1/5: Beef Taco Salad

1/8-1/12: Crispy Chicken Salad w/ Roll

1/15-1/19: Chicken Taco Salad

1/22-1/26: Asian Chicken Salad w/ Rolls

1/29-2/2: Greek 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

<u>1/1</u> NO SCHOOL	<u>1/2</u> NO SCHOOL	<u>1/3</u> <u>Apple Fruit Pocket</u> Cheesy Breadsticks w/ Marinara Corn Dog Specialty Parfait	<u>1/4</u> <u>Blueberry Bagel</u> Sloppy Joe on WW Bun Chicken Burger <u>Dessert:</u> Cookie!	<u>1/5</u> Smoothie w/ Graham <u>Cracker</u> Grilled Cheese w/ Soup Cheeseburger
<u>1/8</u> <u>Pancake on a Stick</u> Cheese Ravioli Cheeseburger	<u>1/9</u> <u>Breakfast Burrito</u> Chicken Pot Pie Chicken Burger	<u>1/10</u> <u>Egg & Cheese Muffin</u> Burrito Verde Corn Dog Specialty Parfait	<u>1/11</u> <u>Pancakes w/ Syrup</u> BBQ Pork on WW Bun Chicken Burger <u>Dessert:</u> Brownies!	<u>1/12</u> Smoothie w/ Graham <u>Cracker</u> Queso Mac & Cheese Cheeseburger
<u>1/15</u> NO SCHOOL	<u>1/16</u> <u>Cherry Fruit Pocket</u> Chicken & Waffles Chicken Burger	<u>1/17</u> <u>Sausage & Cheese Biscuit</u> Cheesy Breadsticks w/ Marinara Corn Dog Specialty Parfait	<u>1/18</u> <u>French Toast & Sausage</u> BBQ Meatball Sub Chicken Burger <u>Dessert:</u> Cookie!	<u>1/19</u> Smoothie w/ Graham <u>Cracker</u> Spaghetti w/ Meat Sauce Cheeseburger
<u>1/22</u> <u>French Toast Sticks</u> Teriyaki Chicken w/ Rice Cheeseburger	<u>1/23</u> <u>Apple Fruit Pocket</u> Hot Dog on WW Bun Chicken Burger	<u>1/24</u> <u>Cinnamon Rolls</u> Beef & Cheese Nachos Corn Dog Specialty Parfait	<u>1/25</u> <u>Blueberry Bagel</u> Chicken Mashed Potato Bowl Chicken Burger <u>Dessert:</u> Brownie!	<u>1/26</u> Smoothie w/ Graham <u>Cracker</u> Mac and Cheese Cheeseburger
<u>1/29</u> NO SCHOOL	<u>1/30</u> <u>Breakfast Burrito</u> Pepperoni/Cheese Pizza Chicken Burger	<u>1/31</u> <u>Egg & Cheese Muffin</u> Cheesy Breadsticks w/ Marinara Corn Dog Specialty Parfait		