

HAYES FREEDOM HIGH SCHOOL

May 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

5/1 – 5/5: Hummus Wrap

5/8 – 5/12: Buffalo Chicken Wrap

5/15 – 5/19: Chicken Caesar Wrap

5/22 – 5/26: Fiesta Wrap

5/29 – 5/31: Chicken BLT Wrap

Choice of Ham or Turkey sandwiches daily

Weekly Salad Choices

5/1 – 5/5: Hummus Plate

5/8 – 5/12: Buffalo Chicken Salad

5/15 – 5/19: Southwest Chicken BBQ Salad

5/22 – 5/26: Crispy Chicken Salad

5/29 – 5/31: Italian 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

<u>5/1</u> Chicken Teriyaki Chicken Burger	<u>5/2</u> Bean & Cheese Enchilada Corn Dog	<u>5/3</u> Nachos Cheeseburger Special Parfaits	<u>5/4</u> Boba Fettuccini Chicken Burger <u>Dessert:</u> Cookie!	<u>5/5</u> Nachos Pizza
<u>5/8</u> Korean Meatballs with Noodles Chicken Burger	<u>5/9</u> Fish & Tots Corn Dogs	<u>5/10</u> Nachos Cheeseburger Special Parfaits	<u>5/11</u> Turkey Pot Pie Chicken Burger <u>Dessert:</u> Brownie	<u>5/12</u> Nachos Pizza
<u>5/15</u> Beef Dippers Chicken Burger	<u>5/16</u> BBQ Chicken Sandwich, Corn, Pasta Salad Corn Dog	<u>5/17</u> Nachos Cheeseburger Special Parfaits	<u>5/18</u> Lasagna Chicken Burger <u>Dessert:</u> Ice Cream Bar	<u>5/19</u> Nachos Pizza
<u>5/22</u> French Toast, Sausage & Egg Chicken Burger	<u>5/23</u> Salisbury Steak with Potatoes Corn Dog	<u>5/24</u> Nachos Cheeseburger Special Parfaits	<u>5/25</u> Sloppy Joes Chicken Burger <u>Dessert:</u> Scooby Snack	<u>5/26</u> Nachos Pizza
<u>5/29</u> No School	<u>5/30</u> Bean & Cheese Burrito Corn Dog	<u>5/31</u> Nachos Cheeseburger Special Parfaits		