

HAYES FREEDOM HIGH SCHOOL

NOVEMBER 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
 - 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

10/30-11/3: Crispy Wrap

11/6-11/10: Teriyaki Chicken Wrap

11/13-11/17: Chicken, Bacon, Ranch Wrap

11/20-11/24: Southwest Chicken Wrap

11/27-12/1: Teriyaki Chicken Wrap

Choice of Ham or Turkey sandwiches daily

Weekly Salad Choices

10/30-11/3: Greek Salad

11/6-11/10: Chicken Taco Salad

11/13-11/17: Buffalo Chicken Salad

11/20-11/24: Greek Salad

11/27-12/1: Beef Taco Salad

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>10/30</u> French Toast Sticks Chicken & Cheese Nachos Cheeseburger	<u>10/31</u> Apple Fruit Pocket Chicken Pot Pie Chicken Burger	<u>11/1</u> Cinnamon Roll Burrito Verde Corn Dog Specialty Parfait	<u>11/2</u> Blueberry Bagel BBQ Pork on a Bun Chicken Burger Dessert: Cookie!	<u>11/3</u> Smoothie w/ Graham Cracker Chicken Taco Cheeseburger
<u>11/6</u> Pancake on a Stick BBQ Chicken Flatbread Cheeseburger	<u>11/7</u> Breakfast Burrito Teriyaki Beef Dippers Chicken Burger	<u>11/8</u> Egg & Cheese Muffin Chicken Mashed Potato Bowl Corn Dog Specialty Parfait	<u>11/9</u> Pancakes w/ Syrup Grilled Cheese & Soup Chicken Burger Dessert: Scooby Snack	<u>11/10</u> NO SCHOOL
<u>11/13</u> Waffles w/ Fruit Topping Teriyaki Chicken w/ Rice Cheeseburger Fortune Cookie	<u>11/14</u> Cherry Fruit Pocket Chili Fritos Chicken Burger	<u>11/15</u> Sausage & Cheese Biscuit Beef & Cheese Nachos Corn Dog Specialty Parfait	<u>11/16</u> French Toast & Sausage Turkey Gravy & Mashed Potatoes Chicken Burger Dessert: Seasonal!	<u>11/17</u> Smoothie w/ Graham Cracker Mac and Cheese Cheeseburger
<u>11/20</u> French Toast Sticks Pad Thai Cheeseburger	<u>11/21</u> Apple Fruit Pocket Pancakes w/ Sausage Chicken Burger	<u>11/22</u> NO SCHOOL	<u>11/23</u> NO SCHOOL	<u>11/24</u> NO SCHOOL
<u>11/27</u> Pancake on a Stick Bean & Cheese Burrito Cheeseburger	<u>11/28</u> Breakfast Burrito Pork Street Tacos Chicken Burger	<u>11/29</u> Sausage & Cheese Biscuit Chicken Nuggets w/ WG Roll Pizza Specialty Parfait	<u>11/30</u> French Toast & Sausage Sloppy Joe on a WW Bun Chicken Burger Dessert: Cookie!	