

# HAYES FREEDOM HIGH SCHOOL

## October 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:** 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

10/2-10/6: Chicken BLT Wrap  
 10/9-10/13: Crispy Chicken Wrap  
 10/16-10/20: Waikiki Wrap  
 10/23-10/27: Chicken Caesar Wrap

Choice of Ham or Turkey sandwiches daily

#### Weekly Salad Choices

10/2-10/6: Greek Salad  
 10/9-10/13: Buffalo Chicken Salad  
 10/16-10/20: Fiesta Salad  
 10/23-10/27: Crispy Chicken 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*

<p><b>10/2</b>                      Waffles w/ Fruit Topping                      Bean &amp; Cheese Enchilada                      Cheeseburger</p>	<p><b>10/3</b>                      Cherry Fruit Pocket                      Teriyaki Beef Dippers w/Rice                      Chicken Burger</p>	<p><b>10/4</b>                      Sausage &amp; Cheese Biscuit                      Cheesy Breadsticks                      Corn Dog                      Specialty Parfait</p>	<p><b>10/5</b>                      French Toast &amp; Sausage                      Grilled Cheese &amp; Soup                      Chicken Burger                      Dessert: Cookie!</p>	<p><b>10/6</b>                      Smoothie w/ Graham Cracker                      Fish &amp; Chips                      Cheeseburger</p>
<p><b>10/9</b>                      French Toast Sticks                      Teriyaki Chicken w/Rice                      Cheeseburger                      Fortune Cookie</p>	<p><b>10/10</b>                      Apple Fruit Pocket                      Chili Frito Pie                      Chicken Burger</p>	<p><b>10/11</b>                      Cinnamon Roll                      Beef &amp; Cheese Nachos                      Corn Dog                      Specialty Parfait</p>	<p><b>10/12</b>                      Blueberry Bagel                      Chicken Mashed Potato Bowl                      Chicken Burger                      Dessert: Cookie!</p>	<p><b>10/13</b>                      Smoothie w/ Graham Cracker                      Mac and Cheese                      Cheeseburger</p>
<p><b>10/16</b>                      Pancake on a Stick                      Cheese Flatbread                      Cheeseburger</p>	<p><b>10/17</b>                      Breakfast Burrito                      Breakfast For Lunch                      Chicken Burger</p>	<p><b>10/18</b>                      Egg &amp; Cheese Muffin                      Hamburger w/ Potatoes &amp; Gravy                      Corn Dog                      Specialty Parfait</p>	<p><b>10/19</b>                      Pancakes w/ Syrup                      Orange Chicken with Rice                      Chicken Burger                      Dessert: Cookie!</p>	<p><b>10/20</b>                      Smoothie w/ Graham Cracker                      Chicken Alfredo                      Cheeseburger</p>
<p><b>10/23</b>                      Waffle w/ Fruit Topping                      Bean &amp; Cheese Burrito                      Cheeseburger</p>	<p><b>10/24</b>                      Cherry Fruit Pocket                      Rainbow Chili &amp; Chips                      Chicken Burger</p>	<p><b>10/25</b>                      Sausage &amp; Cheese Biscuit                      Twisted Dog                      Pizza                      Specialty Parfait</p>	<p><b>10/26</b>                      French Toast &amp; Sausage                      Sloppy Joe on a WW Bun                      Chicken Burger                      Dessert: Cookie!</p>	<p><b>10/27</b>                      Smoothie w/ Graham Cracker                      Beef Lasagna                      Cheeseburger</p>