



HAMLIN – MIDDLE & HIGH SCHOOL

September 20–October 29

Menu is subject to change without notice and is based on availability and seasonality of food items.
 Breakfast items are listed in purple italics. Lunch entrée choices are listed below in bold type.
 Every meal includes choice of milk. All side items are listed below the calendar and rotate throughout the week.

EVERYDAY BREAKFAST 2nd CHOICE

- Cereal & side
Cinnamon Toast Crunch
 Golden Grahams
 Lucky Charms
 Cocoa Puffs
when cereal is on the menu, these are the choices


HAMLIN ISD 2021/2022

BREAKFAST
 Student FREE
 Faculty/Staff \$3.00

LUNCH
 Student FREE
 Faculty/Staff \$4.25

À la Carte item prices are posted at the schools.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Egg & Sausage Frittata</i> SEP 20 –GRILL DAY– Chicken Nuggets & Roll	<i>Vanilla Glazed Donut</i> SEP 21 • MASHED POTATO BAR • Meatball Pizza Sub	<i>Breakfast Sausage Pizza</i> SEP 22 * STREET TACOS * Chicken Parm & Spaghetti w/Marinara & Breadstick	<i>Mini Cinnamon Rolls</i> SEP 23 « TACO & NACHO BAR » Popcorn Chicken & Roll	<i>Cinnamon French Toast</i> SEP 24 ... PIZZA DAY ... Beef & Bean Burrito
<i>Cinnamon French Toast</i> SEP 27 –GRILL DAY– Firey Cheetos Mac & Cheese	<i>Waffle & Syrup</i> SEP 28 • MASHED POTATO BAR • Breaded Chicken Sandwich	<i>Country Chicken Biscuit</i> SEP 29 * POPCORN CHICKEN BAR * Popcorn Chicken & Potato Bowl w/Roll	<i>Maple Sausage Pancake Wrap</i> SEP 30 « TACO & NACHO BAR » Pizza Maxx Sticks & Marinara	<i>Cherry Frudel</i> OCT 1 ... PIZZA DAY ... BBQ Pork Riblet Sandwich
<i>Cinnamon French Toast</i> OCT 4 –GRILL DAY– Corn Dog	<i>Poptart & side</i> OCT 5 • BAKED POTATO BAR • Chicken Tenders & Roll	<i>Cheesy Scrambled Eggs & Tater Tots</i> OCT 6 * PASTA Made-to-Order * Steak Fingers & Roll	<i>Strawberry Pancakes</i> OCT 7 « TACO & NACHO BAR » Ham & Cheese Sub	<i>Chicken Biscuit Melt</i> OCT 8 ... PIZZA DAY ... Chili Cheese Dog & Chips
 OCT 11	<i>Sausage Kolache</i> OCT 12 • MASHED POTATO BAR • Breaded Chicken Sandwich	<i>Cheesy Omelet & Hashbrowns</i> OCT 13 * DELI Made-to-Order * Chicken Quesadilla	<i>Ham & Egg Pancake Melt</i> OCT 14 « TACO & NACHO BAR » Chicken Fried Steak Sandwich	<i>Cinnamon French Toast</i> OCT 15 ... PIZZA DAY ... Fiery Cheetos Mac & Cheese
<i>Breakfast Sausage Pizza</i> OCT 18 –GRILL DAY– Pizza Maxx Sticks & Marinara	<i>Breakfast Sausage Quesadilla</i> OCT 19 • BAKED POTATO BAR • Nacho Cheese Doritos Top-n-Go Taco	<i>Sausage Biscuit Melt</i> OCT 20 * BREAKFAST 4 LUNCH * Chicken Alfredo Pasta Bake	<i>Egg Biscuit Melt</i> OCT 21 « TACO & NACHO BAR » Breaded Chicken Drumstick & Roll	<i>Maple Burstin' Pancakes</i> OCT 22 ... PIZZA DAY ... Chili Fries Bowl & Roll
<i>Egg & Sausage Frittata</i> OCT 25 –GRILL DAY– Chicken Nuggets & Roll	<i>Vanilla Glazed Donut</i> OCT 26 • MASHED POTATO BAR • Meatball Pizza Sub	<i>Breakfast Sausage Pizza</i> OCT 27 * STREET TACOS * Chicken Parm & Spaghetti w/Marinara & Breadstick	<i>Mini Cinnamon Rolls</i> OCT 28 « TACO & NACHO BAR » Popcorn Chicken & Roll	<i>Cinnamon French Toast</i> OCT 29 ... PIZZA DAY ... Beef & Bean Burrito

– GRILL Bar –

- CHOOSE» Hamburger & Bun
 » Breaded/Spicy Chicken & Bun
 ADD» American » Cheddar
 » Pepper Jack ADD» Veggies •
 Ranch Dressing » Siracha Mayo

• Mashed/Baked Potato Bar •

- MASHED ADD» Popcorn Chicken » Spicy
 ADD» Bacon » Shredded Cheese
 Baked ADD» Chili » Ham » Taco Meat
 ADD» Broccoli » Sour Cream
 » Cheese » Bacon » Green Onions

Wednesdays

Made-To-Order menu rotations...
 (the color of the block above corresponds to the menu below)



« Nacho & Taco Bar »

- CHOOSE» Taco Shells » Tortilla » Chips
 ADD» Diced Chicken » Beef Taco Meat
 ADD» Shredded Cheese » Queso
 ADD» Sour Cream » Lettuce • Tomatoes
 Jalapeños • Salsa • Pico • Black Olives

... PIZZA BAR ...

- CHOOSE » Pepperoni » Specialty Pizzas:
 Cheeseburger • Meat Lover's
 BBQ Sriracha • Mexican • Pico
 Hawaiian • Calzones & Strombolis
 Check the Pizza Bar for Today's Feature!

Popcorn Chicken Bar

- Popcorn Chicken
 leave 'em Plain, or...
 SAUCE IT» BBQ » Buffalo » Spicy
 TOP IT» Jalapeños » Banana Pepper
 served with: Baby Carrots & Celery Sticks

PASTA

- PASTA» Penne » Rotini
 ADD» Meatballs » Chicken
 ADD SAUCE» Marinara » Alfredo
 INCLUDES» Breadstick

Deli Day!

- Can be served HOT or COLD!
 CHOOSE» Sub Roll » Flatbread
 CHOOSE 1» Turkey » Ham
 ADD 1» American » Cheddar
 » Swiss TOP IT OFF» Veggies
 SELECT» Buffalo Ranch
 Honey Mustard » Sriracha Mayo

Breakfast 4 Lunch

- CHOOSE» Scrambled Eggs
 Pancake » Toast » Potato Wedges
 ADD 1» Sausage » Ham
 TOP IT» Mushrooms » Bacon Crumbles
 » Green Peppers & Onions
 » Shredded Cheese

Street Taco Day

- CHOOSE» Corn » Flour Tortilla
 ADD 1» Taco Meat » Carnitas
 ADD» Mexican Rice
 ADD» Shredded Cheese » Cheese Sauce
 TOP IT» Salsa » Pico » Sour Cream
 Lettuce » Tomatoes »
 » Jalapeños

EVERYDAY SIDES (available seasonally, items rotate each day) Apple • Applesauce • Baby Carrots • Baked Beans • Banana • Broccoli/Fresh or Steamed • Cantaloupe • Celery Sticks • Collard Greens/Steamed • Corn • Cucumber & Tomato Salad • Cucumber/Slices • French Fries • Grapes/Fresh • Green Beans • Kickin' Pinto Beans • Mandarin Oranges • Mashed Potatoes • Mexican Rice • Mixed-Fruit Cup • Orange-Glazed Carrots • Orange • Peaches/Diced • Pears/Diced • Peas & Carrots • Pineapple Tidbits • Red Pepper Strips • Side Salad/Romaine • Sweet Potato Fries • Tater Tots • Tomato Wedges • Watermelon • Yellow Squash/Steamed • Zucchini/Fresh or Roasted • Apple Juice • Fruit Juice • Grape Juice • Orange Juice | **MILK** Skim Milk • Skim Chocolate Milk • Skim Strawberry Milk

THE LUNCH PROGRAM The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K–12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.

