



HAMLIN – MIDDLE & HIGH SCHOOL November 1–December 17

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.

EXTRAS

- Extra Entrée \$2.25
- Fresh Fruit/Veggies \$1.50
- Chips (assorted) \$1.00
- Cereal Bars (assorted) 75¢
- Pop Tarts (assorted) 75¢
- Chex-Mix/Goldfish (assorted) 75¢
- Rice Krispies (variety) 75¢
- Cookie Variety (assorted) 50¢
- Brownie Cookie 75¢
- Parfait (assorted) \$1.50
- Ice Cream \$1.25
- Bottled Water \$1.00
- Capri Sun (assorted) \$1.00

Items are à la carte and may be purchased in addition to a cafeteria lunch or a lunch from home. You may also send restrictions for your student. "Extras" may be purchased with cash or your account. They may NOT be charged.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Cinnamon French Toast</i> NOV 1 –GRILL DAY– Firey Cheetos Mac & Cheese PB&J Sandwich	<i>Waffle & Syrup</i> NOV 2 • MASHED POTATO BAR • Breaded Chicken Sandwich PB&J Sandwich	<i>Country Chicken Biscuit</i> NOV 3 * POPCORN CHICKEN BAR * Popcorn Chicken & Potato Bowl w/Roll PB&J Sandwich	<i>Maple Sausage Pancake Wrap</i> NOV 4 « NACHO BAR » Pizza Maxx Sticks & Marinara PB&J Sandwich	<i>Cherry Frudel</i> NOV 5 ... PIZZA DAY ... BBQ Pork Riblet Sandwich PB&J Sandwich
<i>Cinnamon French Toast</i> NOV 8 –GRILL DAY– Corn Dog PB&J Sandwich	<i>Poptart & side</i> NOV 9 • BAKED POTATO BAR • Chicken Tenders & Roll PB&J Sandwich	<i>Cheesy Scrambled Eggs & Tater Tots</i> NOV 10 * PASTA Made-to-Order * Steak Fingers & Roll PB&J Sandwich	<i>Strawberry Pancakes</i> NOV 11 « NACHO BAR » Ham & Cheese Sub PB&J Sandwich	<i>Chicken Biscuit Melt</i> NOV 12 ... PIZZA DAY ... Chili Cheese Dog PB&J Sandwich
<i>Egg & Cheese Biscuit Melt</i> NOV 15 –GRILL DAY– Baked Chicken Pasta & Bstick PB&J Sandwich	<i>Sausage Kolache</i> NOV 16 • MASHED POTATO BAR • Breaded Chicken Sandwich PB&J Sandwich	<i>Cheesy Omelet & Hashbrowns</i> NOV 17 * DELI Made-to-Order * Chicken Quesadilla PB&J Sandwich	<i>Ham & Egg Pancake Melt</i> NOV 18 THANKSGIVING Turkey & Dressing w/Gravy Mashed Potatoes Green Beans Cranberry Sauce • Dessert	<i>Cinnamon French Toast</i> NOV 19 ... PIZZA DAY ... Firey Cheetos Mac & Cheese PB&J Sandwich
<i>Breakfast Sausage Pizza</i> NOV 22 –GRILL DAY– Pizza Maxx Sticks & Marinara PB&J Sandwich	<i>Bfast Sausage Quesadilla</i> NOV 23 • BAKED POTATO BAR • Nacho Cheese Doritos Top-n-Go Taco PB&J Sandwich			
<i>Egg & Sausage Frittata</i> NOV 29 –GRILL DAY– Chicken Nuggets & Roll PB&J Sandwich	<i>Vanilla Glazed Donut</i> NOV 30 • MASHED POTATO BAR • Meatball Pizza Sub PB&J Sandwich	<i>Breakfast Sausage Pizza</i> DEC 1 * STREET TACOS * Chicken Parm & Spaghetti w/Marinara & Breadstick PB&J Sandwich	<i>Mini Cinnamon Rolls</i> DEC 2 « NACHO BAR » Popcorn Chicken & Roll PB&J Sandwich	<i>Cinnamon French Toast</i> DEC 3 ... PIZZA DAY ... Beef & Bean Burrito PB&J Sandwich
<i>Cinnamon French Toast</i> DEC 6 –GRILL DAY– Firey Cheetos Mac & Cheese PB&J Sandwich	<i>Waffle & Syrup</i> DEC 7 • MASHED POTATO BAR • Breaded Chicken Sandwich PB&J Sandwich	<i>Country Chicken Biscuit</i> DEC 8 * POPCORN CHICKEN BAR * Popcorn Chicken & Potato Bowl w/Roll PB&J Sandwich	<i>Maple Sausage Pancake Wrap</i> DEC 9 « NACHO BAR » Pizza Maxx Sticks & Marinara PB&J Sandwich	<i>Cherry Frudel</i> DEC 10 ... PIZZA DAY ... BBQ Pork Riblet Sandwich PB&J Sandwich
<i>Cinnamon French Toast</i> DEC 13 –GRILL DAY– Corn Dog PB&J Sandwich	<i>Poptart & side</i> DEC 14 • BAKED POTATO BAR • Chicken Tenders & Roll PB&J Sandwich	<i>Cheesy Scrambled Eggs & Tater Tots</i> DEC 15 * PASTA Made-to-Order * Steak Fingers & Roll PB&J Sandwich	<i>Strawberry Pancakes</i> DEC 16 « NACHO BAR » Ham & Cheese Sub PB&J Sandwich	<i>Chicken Biscuit Melt</i> DEC 17 ... PIZZA DAY ... Chili Cheese Dog PB&J Sandwich

– GRILL Bar –
CHOOSE» Hamburger & Bun
» Breaded/Spicy Chicken & Bun
ADD CHEESE» American
» Cheddar » Pepper Jack
ADD» Veggies » Ranch Dressing

• Mashed/Baked Potato Bar •
MASHED ADD» Popcorn Chicken » Spicy
ADD» Corn » Shredded Cheese
SERVED WITH» Roll
Baked ADD» Chili » Taco Meat
ADD» Sour Cream » Cheese » Bacon
SERVED WITH» Roll

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

« Nacho Bar »
START WITH» Tortilla Chips
ADD» Diced Chicken » Beef Taco Meat
ADD» Queso
ADD» Sour Cream • Lettuce • Tomatoes
Jalapeños • Salsa • Pico

Have a great Winter Break—
See you January 4, 2022!
... PIZZA BAR ...
Cheese » Pepperoni
» Specialty Pizzas

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

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 • 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.

