



# HAMLIN – MIDDLE & HIGH SCHOOL

## January 5 – February 18

Menu is subject to change without notice, substitutions may be made 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			
<p><b>Welcome Back!</b></p> <p><b>JAN 3</b></p> <p><b>JAN 4</b></p>	<p><b>JAN 10</b></p> <p><b>JAN 11</b></p>	<p><b>JAN 5</b></p> <p><b>JAN 12</b></p>	<p><b>JAN 6</b></p> <p><b>JAN 13</b></p>	<p><b>JAN 7</b></p> <p><b>JAN 14</b></p>			
<p><i>Breakfast Sausage Pizza</i></p> <p><b>* ASIAN FUSION *</b></p> <p>Chicken Parm &amp; Spaghetti w/Marinara &amp; Breadstick PB&amp;J Sandwich</p>	<p><i>Mini Cinnamon Rolls</i></p> <p><b>&lt;&lt; NACHO BAR &gt;&gt;</b></p> <p>Popcorn Chicken &amp; Roll PB&amp;J Sandwich</p>	<p><i>Cinnamon French Toast</i></p> <p><b>... PIZZA DAY ...</b></p> <p>Beef &amp; Bean Burrito PB&amp;J Sandwich</p>	<p><i>Trix Cereal Bar</i></p> <p><b>-GRILL DAY-</b></p> <p>Chicken Drumstick &amp; Roll PB&amp;J Sandwich</p>	<p><i>Waffle &amp; Syrup</i></p> <p><b>• MASHED POTATO BAR •</b></p> <p>Breaded Chicken Sandwich PB&amp;J Sandwich</p>	<p><i>Country Chicken Biscuit</i></p> <p><b>* POPCORN CHICKEN BAR *</b></p> <p>Popcorn Chicken &amp; Potato Bowl w/Roll PB&amp;J Sandwich</p>	<p><i>Maple Sausage Pancake Wrap</i></p> <p><b>&lt;&lt; NACHO BAR &gt;&gt;</b></p> <p>Pizza Maxx Sticks &amp; Marinara PB&amp;J Sandwich</p>	<p><i>Cherry Frudel</i></p> <p><b>... PIZZA DAY ...</b></p> <p>BBQ Pork Riblet Sandwich PB&amp;J Sandwich</p>
<p><b>School Holiday</b></p> <p><b>JAN 17</b></p> <p><b>JAN 18</b></p>	<p><b>JAN 24</b></p> <p><b>JAN 25</b></p>	<p><b>JAN 19</b></p> <p><b>JAN 26</b></p>	<p><b>JAN 20</b></p> <p><b>JAN 27</b></p>	<p><b>JAN 21</b></p> <p><b>JAN 28</b></p>			
<p><i>Egg &amp; Cheese Biscuit Melt</i></p> <p><b>-GRILL DAY-</b></p> <p>Baked Chicken Pasta &amp; Bstick PB&amp;J Sandwich</p>	<p><i>Pancake Wrap</i></p> <p><b>• MASHED POTATO BAR •</b></p> <p>Breaded Chicken Sandwich PB&amp;J Sandwich</p>	<p><i>Cheesy Scrambled Eggs &amp; Tater Tots</i></p> <p><b>* PASTA Made-to-Order *</b></p> <p>Steak Fingers &amp; Roll PB&amp;J Sandwich</p>	<p><i>Strawberry Pancakes</i></p> <p><b>&lt;&lt; NACHO BAR &gt;&gt;</b></p> <p>Ham &amp; Cheese Sub PB&amp;J Sandwich</p>	<p><i>Chicken Biscuit Melt</i></p> <p><b>... PIZZA DAY ...</b></p> <p>Chili Cheese Dog PB&amp;J Sandwich</p>			
<p><i>Breakfast Sausage Pizza</i></p> <p><b>-GRILL DAY-</b></p> <p>Pizza Maxx Sticks &amp; Marinara PB&amp;J Sandwich</p>	<p><i>Bfast Sausage Quesadilla</i></p> <p><b>• BAKED POTATO BAR •</b></p> <p>Nacho Cheese Doritos Top-n-Go Taco PB&amp;J Sandwich</p>	<p><i>Cheesy Omelet &amp; Hashbrowns</i></p> <p><b>* DELI Made-to-Order *</b></p> <p>Chicken Quesadilla PB&amp;J Sandwich</p>	<p><i>Strawberry Bagel</i></p> <p><b>&lt;&lt; TACO &amp; NACHO BAR &gt;&gt;</b></p> <p>Chicken Fried Steak Sandwich PB&amp;J Sandwich</p>	<p><i>Cinnamon French Toast</i></p> <p><b>... PIZZA DAY ...</b></p> <p>Chicken Drumstick &amp; Roll PB&amp;J Sandwich</p>			
<p><i>Egg &amp; Sausage Frittata</i></p> <p><b>-GRILL DAY-</b></p> <p>Chicken Nuggets &amp; Roll PB&amp;J Sandwich</p>	<p><i>Vanilla Glazed Donut</i></p> <p><b>• MASHED POTATO BAR •</b></p> <p>Meatball Pizza Sub PB&amp;J Sandwich</p>	<p><i>Sausage Biscuit Melt</i></p> <p><b>* BREAKFAST 4 LUNCH *</b></p> <p>Chicken Alfredo Pasta Bake PB&amp;J Sandwich</p>	<p><i>Egg Biscuit Melt</i></p> <p><b>&lt;&lt; NACHO BAR &gt;&gt;</b></p> <p>Breaded Chicken Drumstick &amp; Roll PB&amp;J Sandwich</p>	<p><i>Maple Burstn' Pancakes</i></p> <p><b>... PIZZA DAY ...</b></p> <p>Chili Fries Bowl &amp; Roll PB&amp;J Sandwich</p>			
<p><i>Trix Cereal Bar</i></p> <p><b>-GRILL DAY-</b> PB&amp;J Sandwich</p> <p><b>♥ SWEETHEART LUNCH ♥</b></p> <p>Chicken Fried Steak w/Gravy Mashed Potatoes Green Beans • Roll • Dessert</p>	<p><i>Waffle &amp; Syrup</i></p> <p><b>• MASHED POTATO BAR •</b></p> <p>Breaded Chicken Sandwich PB&amp;J Sandwich</p>	<p><i>Country Chicken Biscuit</i></p> <p><b>* POPCORN CHICKEN BAR *</b></p> <p>Popcorn Chicken &amp; Potato Bowl w/Roll PB&amp;J Sandwich</p>	<p><i>Maple Sausage Pancake Wrap</i></p> <p><b>&lt;&lt; NACHO BAR &gt;&gt;</b></p> <p>Pizza Maxx Sticks &amp; Marinara PB&amp;J Sandwich</p>	<p><i>Cherry Frudel</i></p> <p><b>... PIZZA DAY ...</b></p> <p>BBQ Pork Riblet Sandwich PB&amp;J Sandwich</p>			

**\*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

**\*Asian Fusion!\***

**CHOOSE**» LoMein ☞ Fried Rice

**ADD 1»** Beef ☞ Popcorn Chicken

**SAUCE IT**» Teriyaki ☞ General Tso ☞ Sweet & Sour ☞ Soy Sauce

**INCLUDES**» Egg Roll

**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.

