

HG Middle School Lunch

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Asian Flavors Bar Soft Pretzel with Cheese Dip Pork Rib Patty on Roll Cheese Pizza Pineapple Teriyaki Chicken Pizza Normandy Blend Vegetables Cucumber Slices Fresh Spinach Sidekicks Frozen Juice Cup Variety Fresh Grapes Fresh Strawberries 1% Milk Fat Free Chocolate Milk	2 Asian Flavors Bar Soft Pretzel with Cheese Dip Cheeseburger Cheese Pizza Pineapple Teriyaki Chicken Pizza Normandy Blend Vegetables Cucumber Slices Fresh Spinach Sweet Potato Fries Sidekicks Frozen Juice Cup Variety Fresh Grapes Fresh Strawberries 1% Milk Fat Free Chocolate Milk	3 Asian Flavors Bar Soft Pretzel with Cheese Dip Classic Grilled Cheese Sandwich Cheese Pizza Pineapple Teriyaki Chicken Pizza Normandy Blend Vegetables Cucumber Slices Fresh Spinach Tomato Soup Sidekicks Frozen Juice Cup Variety Fresh Grapes Fresh Strawberries 1% Milk Fat Free Chocolate Milk

USDA is an equal opportunity provider, employer, and lender.

Monday	Tuesday	Wednesday	Thursday	Friday
6 Mac & Cheese Bar Chicken Patty Sandwich Cheese Pizza Pepperoni Pizza Uncrustables Meal Fresh Broccoli Florets Celery Sticks Lettuce Mix Vegetarian Baked Beans Waffle Fries Fresh Apple Slices Cherry Craisins Mixed Fruit 1% Milk Fat Free Chocolate Milk	7 Mac & Cheese Bar All Day Breakfast Potato Bowl Pepperoni Pizza Cheese Pizza Uncrustables Meal Lettuce Mix Fresh Broccoli Florets Celery Sticks Fresh Apple Slices Mixed Fruit Cherry Craisins Whole Grain Biscuit 1% Milk Fat Free Chocolate Milk	8 Mac & Cheese Bar Chicken Tenders Uncrustables Meal Cheese Pizza Pepperoni Pizza Celery Sticks Fresh Broccoli Florets Lettuce Mix Sweet Potato Fries Fresh Apple Slices Cherry Craisins Mixed Fruit 1% Milk Fat Free Chocolate Milk	9 Mac & Cheese Bar Hot & Spicy Chicken Sandwich Cheese Pizza Pepperoni Pizza Uncrustables Meal Celery Sticks Fresh Broccoli Florets Lettuce Mix Sidewinders French Fries Fresh Apple Slices Cherry Craisins Mixed Fruit 1% Milk Fat Free Chocolate Milk	10 Mac & Cheese Bar Bosco Sticks Pepperoni Pizza Cheese Pizza Uncrustables Meal Baby Carrots Cucumber Slices Lettuce Mix Fresh Orange Sour Watermelon Raisins Diced Pears Cheez-It Crackers Fat Free Chocolate Milk 1% Milk Marinara Sauce

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Monday	Tuesday	Wednesday	Thursday	Friday
13 In Service	14 Italian Pasta Bar Chicken Nuggets Muffin Meal Bundle big daddy Italian Sausage Pizza Cheese Pizza Baby Carrots Cucumber Slices Lettuce Mix Tater Tots Fresh Orange Sour Watermelon Raisins Diced Pears Cheez-It Crackers Fat Free Chocolate Milk 1% Milk	15 Italian Pasta Bar Glazed Chicken Drumstick Muffin Meal Bundle Cheese Pizza big daddy Italian Sausage Pizza Baby Carrots Cucumber Slices Lettuce Mix Mashed Potatoes Fresh Orange Sour Watermelon Raisins Diced Pears Garlic Knot Cheez-It Crackers Fat Free Chocolate Milk 1% Milk	16 Italian Pasta Bar Mini Corn Dogs Muffin Meal Bundle big daddy Italian Sausage Pizza Cheese Pizza Baby Carrots Cucumber Slices Lettuce Mix Sidewinders French Fries Fresh Orange Sour Watermelon Raisins Diced Pears Cheez-It Crackers Fat Free Chocolate Milk 1% Milk	17 Italian Pasta Bar Breaded Chicken, Bacon, Ranch Sandwich Sub Sandwich big daddy Italian Sausage Pizza Cheese Pizza Lettuce Mix Cherry Tomatoes Sweet Bell Peppers Fresh Apple Fresh Plum Cherry Craisins Fat Free Chocolate Milk 1% Milk

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20 Breakfast Bar Sub Sandwich Cheese Pizza Meatball Marinara Pizza Classic Grilled Cheese Sandwich Lettuce Mix Cherry Tomatoes Sweet Bell Peppers Vegetarian Baked Beans Fresh Apple Fresh Plum Cherry Craisins Fat Free Chocolate Milk 1% Milk	21 Breakfast Bar Hot Dog on Bun Sub Sandwich Cheese Pizza Meatball Marinara Pizza Lettuce Mix Cherry Tomatoes Sweet Bell Peppers Tater Tots Fresh Apple Fresh Plum Cherry Craisins Fat Free Chocolate Milk 1% Milk	22 Breakfast Bar Sub Sandwich Cheese Pizza Meatball Marinara Pizza Lettuce Mix Cherry Tomatoes Sweet Bell Peppers Fresh Apple Fresh Plum Cherry Craisins Fat Free Chocolate Milk 1% Milk	23 Breakfast Bar Popcorn Chicken Broccoli Bowl Sub Sandwich Cheese Pizza Meatball Marinara Pizza Lettuce Mix Cherry Tomatoes Sweet Bell Peppers Fresh Apple Fresh Plum Cherry Craisins Fat Free Chocolate Milk 1% Milk	24 Breakfast Bar Grilled Chicken Sandwich Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Lettuce Mix Fresh Cauliflower Florets Pea Pods Sweet Potato Fries Applesauce Cup Fresh Banana Sour Watermelon Raisins Garlic Knot 1% Milk Fat Free Chocolate Milk

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27 Deli Bar Sloppy Joe on Bun Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Lettuce Mix Fresh Cauliflower Florets Pea Pods Applesauce Cup Fresh Banana Sour Watermelon Raisins Garlic Knot 1% Milk Fat Free Chocolate Milk	28 Deli Bar Taco-the-Town (soft taco) Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Lettuce Mix Fresh Cauliflower Florets Pea Pods Refried Beans Applesauce Cup Fresh Banana Sour Watermelon Raisins Garlic Knot 1% Milk Fat Free Chocolate Milk	29 Deli Bar Fish Sticks Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Lettuce Mix Fresh Cauliflower Florets Pea Pods Applesauce Cup Fresh Banana Sour Watermelon Raisins Hawaiian Roll 1% Milk Fat Free Chocolate Milk	30 Deli Bar Honey BBQ Boneless Wings with Garlic Knot Roll Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Lettuce Mix Fresh Cauliflower Florets Pea Pods Applesauce Cup Fresh Banana Sour Watermelon Raisins Brown Rice 1% Milk Fat Free Chocolate Milk	31 Deli Bar Southern Chicken Tender Bird Dog Cheese Pizza Pepperoni Pizza Normandy Blend Vegetables Cucumber Slices Fresh Spinach Vegetarian Baked Beans Sidekicks Frozen Juice Cup Variety Fresh Grapes Fresh Strawberries 1% Milk Fat Free Chocolate Milk

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HG Middle School Lunch

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Wing Bar Soft Pretzel with Cheese Dip Country Chicken Bowl Cheese Pizza Supreme Pizza Normandy Blend Vegetables Cucumber Slices Fresh Spinach Sidekicks Frozen Juice Cup Variety Fresh Grapes Fresh Strawberries 1% Milk Fat Free Chocolate Milk	4 Chicken Wing Bar Soft Pretzel with Cheese Dip Pork Rib Patty on Roll Cheese Pizza Supreme Pizza Normandy Blend Vegetables Cucumber Slices Fresh Spinach Sidekicks Frozen Juice Cup Variety Fresh Grapes Fresh Strawberries 1% Milk Fat Free Chocolate Milk	5 Chicken Wing Bar Soft Pretzel with Cheese Dip Cheeseburger Cheese Pizza Normandy Blend Vegetables Cucumber Slices Fresh Spinach Sweet Potato Fries Sidekicks Frozen Juice Cup Variety Fresh Grapes Fresh Strawberries 1% Milk Fat Free Chocolate Milk	6 Chicken Wing Bar Soft Pretzel with Cheese Dip Classic Grilled Cheese Sandwich Cheese Pizza Supreme Pizza Normandy Blend Vegetables Cucumber Slices Fresh Spinach Tomato Soup Sidekicks Frozen Juice Cup Variety Fresh Grapes Fresh Strawberries 1% Milk Fat Free Chocolate Milk	7 Chicken Wing Bar Soft Pretzel with Cheese Dip Classic Grilled Cheese Sandwich Cheese Pizza Supreme Pizza Normandy Blend Vegetables Cucumber Slices Fresh Spinach Tomato Soup Sidekicks Frozen Juice Cup Variety Fresh Grapes Fresh Strawberries 1% Milk Fat Free Chocolate Milk

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10 Taco Bar Chicken Patty Sandwich Cheese Pizza Pepperoni Pizza Uncrustables Meal Fresh Broccoli Florets Celery Sticks Lettuce Mix Vegetarian Baked Beans Waffle Fries Fresh Apple Slices Cherry Craisins Mixed Fruit 1% Milk Fat Free Chocolate Milk	11 Taco Bar All Day Breakfast Potato Bowl Pepperoni Pizza Cheese Pizza Uncrustables Meal Lettuce Mix Fresh Broccoli Florets Celery Sticks Fresh Apple Slices Mixed Fruit Cherry Craisins Whole Grain Biscuit 1% Milk Fat Free Chocolate Milk	12 Taco Bar Uncrustables Meal Pepperoni Pizza Cheese Pizza Kickin' Tenders and Waffles with Syrup Lettuce Mix Fresh Broccoli Florets Celery Sticks Fresh Apple Slices Mixed Fruit Cherry Craisins Whole Grain Biscuit 1% Milk Fat Free Chocolate Milk	13 Taco Bar Hot & Spicy Chicken Sandwich Cheese Pizza Pepperoni Pizza Uncrustables Meal Celery Sticks Fresh Broccoli Florets Lettuce Mix Sidewinders French Fries Fresh Apple Slices Cherry Craisins Mixed Fruit 1% Milk Fat Free Chocolate Milk	14 Taco Bar Uncrustables Meal Cheese Pizza Pepperoni Pizza Chicken Nuggets Celery Sticks Fresh Broccoli Florets Lettuce Mix Waffle Fries Fresh Apple Slices Cherry Craisins Mixed Fruit 1% Milk Fat Free Chocolate Milk
17 Baked Potato Bar big daddy Italian Sausage Pizza Bosco Sticks Muffin Meal Bundle Cheese Pizza Baby Carrots Cucumber Slices Lettuce Mix Fresh Orange Sour Watermelon Raisins Diced Pears Fat Free Chocolate Milk 1% Milk Marinara Sauce	18 Mashed Potato Bar Walking Taco Doritos Muffin Meal Bundle Cheese Pizza big daddy Italian Sausage Pizza Baby Carrots Cucumber Slices Lettuce Mix Refried Beans Fresh Orange Sour Watermelon Raisins Diced Pears Fat Free Chocolate Milk 1% Milk	19 Baked Potato Bar big daddy Italian Sausage Pizza Chicken Nuggets Muffin Meal Bundle Cheese Pizza Baby Carrots Cucumber Slices Lettuce Mix Tater Tots Fresh Orange Sour Watermelon Raisins Diced Pears Fat Free Chocolate Milk 1% Milk	20 Mashed Potato Bar Glazed Chicken Drumstick Muffin Meal Bundle Cheese Pizza big daddy Italian Sausage Pizza Baby Carrots Cucumber Slices Lettuce Mix Mashed Potatoes Fresh Orange Sour Watermelon Raisins Diced Pears Garlic Knot Fat Free Chocolate Milk 1% Milk	21 Mashed Potato Bar Cheese Pizza big daddy Italian Sausage Pizza Corn Dog Lettuce Mix Cherry Tomatoes Sweet Bell Peppers Fresh Apple Fresh Plum Cherry Craisins Fat Free Chocolate Milk 1% Milk

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24 Deli Bar Pepperoni Pizza Cheese Pizza French Toast Sticks Lettuce Mix Cherry Tomatoes Sweet Bell Peppers Fresh Apple Fresh Plum Cherry Craisins Fat Free Chocolate Milk 1% Milk	25 Deli Bar Chicken Fajitas Cheese Pizza Pepperoni Pizza Lettuce Mix Cherry Tomatoes Sweet Bell Peppers Refried Beans Fresh Apple Fresh Plum Cherry Craisins Fat Free Chocolate Milk 1% Milk	26 Thanksgiving Break	27 Thanksgiving Break	28 Thanksgiving Break

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3. email: program.intake@usda.gov.

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