

HMS Student Menu

March 19-25

REGULAR

WEEK 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
Lunch	Turkey Burger w/ gravy Mashed Potatoes WW Bread Peas Pears Milk	3oz 2oz 1/2 c 1 sl 1/2 c 1/2 c 8 oz	Vegetable Soup Cheese Pizza Broccoli Peaches Milk	6 oz 1/8 pie 1/2 c 1/2 c 8 oz	Roast Turkey Gravy Mashed Potatoes Vegetable Medley Dinner Roll Apricots Milk	3 oz 1 oz 1/2 c 1/2 c 1 ea 1/2 c 8 oz	Philly Cheesesteak Steak Fries Carrots Pears Milk	3 oz 1/2 c 1/2 c 1/2 c 8 oz	3 Bean Soup Tuna Hoagie WW Roll Pickled Beets Mandarin Oranges Milk	6 oz 3 oz 1 ea 1/2 c 1/2 c 8 oz 8 oz	Bnless Baked Chicken Gravy Candied Sweet Potatoes Zucchini WW Dinner Roll Peaches Pie Milk	3 oz 2 oz 1/2 c 1/2 c 1 ea 1/2 c 1/8 pie 8 oz	Grilled Ham and Swiss on WW Bread Parslied Potatoes Spinach Mixed Fruit Milk	3 oz 2 sl 1/2 c 1/2 c 1/2 c 8 oz
Dinner	Cheese Ravioli w/ Spaghetti Sauce WW Bread Green Beans Applesauce Milk	6 oz 2 oz 1 sl 1/2 c 1/2 c 8 oz	Meatballs w/Gravy over Noodles Spinach Mixed Fruit Milk	3oz 2oz 1/2 c 1/2 c 1/2 c 8 oz	Baked Fish Mashed Sweet Potatoes Peas WW Bread Mandarin Oranges Milk	3 oz 1/2 c 1/2 c 1 sl 1/2 c 8 oz	<u>Theme Dinner</u> <u>Wednesday</u> <u>BBQ</u> BBQ Chicken Macaroni and Cheese Stewed Tomatoes Strawberry Applesauce Cupcake Milk	3 oz 1/2c 1/2c 1/2c 1 ea 8 oz	Sloppy Joe WW Bun Baked Potato Broccoli Banana Milk	3 oz 1 ea 1 ea 1/2 c 1 ea 8 oz	Chef's Choice	Pasta w/ Meatballs and Spaghetti Sauce Mixed Vegetables Applesauce Milk	1 c 3 oz 2oz 1/2c 1/2 c 8 oz	
***Weekend and Evening Alternates Available for Students: Grilled Cheese Sandwich, Veggie Burger/Bun, Cheese Omelet, PB&J Sandwich or Hummus and Crackers														