<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast Options</th>
<th>Lunch Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>Breakfast Pizza or Pop Tart &amp; Cereal</td>
<td>Crispy Chicken Sandwich or Grilled Cheese Sandwich or Baked Chips or Baby Carrots or Fresh Vegetable of the Day or Fruit Cup or Fruit Juice</td>
</tr>
<tr>
<td>31</td>
<td>Glazed Donut &amp; String Cheese or Toast &amp; Cereal or Craisins</td>
<td>Hamburger/Cheeseburger or Grilled Cheese Sandwich or Baked Chips or Baby Carrots or Fresh Vegetable of the Day or Fruit Cup or Fruit Juice</td>
</tr>
<tr>
<td>2</td>
<td>Bagel w/Cream Cheese or Toast &amp; Cereal or Raisins</td>
<td>Soft Beef Tacos w/Mexican Rice or Cheese Bites w/Marinara Dip or Turkey/Cheese Sub Sandwich or Ranch Beans or Green Beans or Fresh Vegetable of the Day or Fruit Cup or Fruit Juice</td>
</tr>
<tr>
<td>3</td>
<td>French Toast w/Sausage Link or Pop Tart &amp; Cereal or Craisins</td>
<td>Pepperoni Pizza/Cheddar Cheese Pizza or Crispy Chicken Sandwich or Mandarin Orange Yogurt Parfait or Muffin or French Fries or Whole Kernel Corn or Fresh Vegetable of the Day or Fruit Cup or Fruit Juice</td>
</tr>
<tr>
<td>6</td>
<td>Mini Pancakes or Pop Tart &amp; Cereal or Craisins</td>
<td>Beef/Cheese Nachos or Hot/Spicy Chicken Sandwich or Strawberry Yogurt Parfait w/Muffin or Refried Beans or French Fries or Fresh Vegetable of the Day or Fruit Cup or Fruit Juice</td>
</tr>
<tr>
<td>7</td>
<td>Breakfast Taco or Tater Tots or Pop Tart &amp; Cereal or Raisins</td>
<td>Hamburger/Cheeseburger or Macaroni/Cheese w/Fish Nuggets and Wheat Roll or Crispy Buffalo Chicken Salad or French Fries or Whole Kernel Corn or Fresh Vegetable of the Day or Fruit Cup or Fruit Juice</td>
</tr>
<tr>
<td>8</td>
<td>Cinnamon Roll &amp; String Cheese or Toast &amp; Cereal or Craisins</td>
<td>Chicken Tenders or Steak Fingers or Wheat Roll or *Turkey Club Wrap or Mango Yogurt Parfait w/Muffin or Mashed Potatoes w/Cream Gravy or Green Beans or Fresh Vegetable of the Day or Fruit Cup or Fruit Juice</td>
</tr>
<tr>
<td>9</td>
<td>Chocolate Filled Crescent or Toast &amp; Cereal or Craisins</td>
<td>*Pepperoni Calzone Cheese Calzone or Crispy Chicken Sandwich or Italian Sub Sandwich or California Blend French Fries or Fresh Vegetable of the Day or Fruit Cup or Fruit Juice</td>
</tr>
<tr>
<td>10</td>
<td>Biscuit w/Sausage &amp; Cream Gravy or Toast &amp; Cereal or Craisins</td>
<td>Pepperoni Pizza/Cheddar Cheese Pizza or Chili Frito Pie or Wheat Roll or Crispy Caesar Chicken Wrap or French Fries or Steamed Broccoli or Fresh Vegetable of the Day or Fruit Cup or Fruit Juice</td>
</tr>
</tbody>
</table>

*Serves Pork

Fresh Fruit Offered Daily

Menu Subject to Change Due to Product Availability

In accordance with federal civil rights laws and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity (including enrollment, enrollment decisions, and participation in or receipt of program benefits or services). Persons with disabilities who require alternative means of communication in order to effectively review and/or participate in program information should contact the school district recorded information number provided above. (See Section 504 Contact below for Alternate Communication Options.)

The school district will make reasonable accommodations for such persons in ensuring that they have meaningful access to program information and services, unless the accommodation would fundamentally alter the nature of the program.

The school district does not discriminate in admission to any program or activity on the basis of race, color, national origin, sex, age, or disability.

The school district provides equal access to all program and activity services, programs, and activities without regard to race, color, national origin, sex, age, or disability.

Section 504

410-803-0636 (Heard) or 410-803-0639 (Fax) or via email at highschool@hesd.org

By accessing this school district’s website, a Complainant should complete a Form AD-3007, USDA Program Discrimination Complaint Form which can be obtained online at https://www.usda.gov/sites/default/files/documents/USDA-CASCRF-ZEP-Complaint-Form-0009-0002-508-11-24-17FaxMail.pdf, from any USDA office, or by calling (800) 638-9263 (voice and TTY). For more information on this website’s policies, contact the HEB School District Title IX Coordinator, located at 1801 E. Old Highway 222, Hurst, TX 76054, (817) 840-8030, ext. 1028. Individuals who are deaf or hard of hearing or who have speech impairments may contact the HEB School District Title IX Coordinator via the Texas Relay Service at (800) 735-2985 (in the state of Texas) or (800) 633-7552 (outside Texas).

This institution is an equal opportunity provider.
13 BREAKFAST
Mini Cinnamon Crumb Loaf
OR
Pop Tart & Cereal
Craisins, Fruit Juice
LUNCH
Cheese Enchiladas w/ Mexican Rice
OR
Crispy Chicken Sandwich
OR
Blueberry Yogurt
Parfait w/ Muffin
California Blend French Fries
Fresh Vegetable of the Day
Fruit Cup
Fruit Juice

14 BREAKFAST
Chicken Biscuit Sandwich
OR
Pop Tart & Cereal
Raisels, Fruit Juice
LUNCH
Hamburger/ Cheeseburger
OR
Pepperoni Rippers/ Cheese Rippers
OR
Italian Sub
Sandwich
French Fries
Bakana Vegetables
Fresh Vegetable of the Day
Fruit Cup
Fruit Juice

15 BREAKFAST
Breakfast Pizza
OR
Pop Tart & Cereal
Craisins, Fruit Juice
LUNCH
Chicken Smackers w/ Creamy Garlic & Garlic Toast
OR
Br. Mozzarella Cheese Sticks w/ Dip
OR
Buffalo Chicken Wrap
French Fries
Ranch Dressing
Fresh Vegetable of the Day
Fruit Cup
Fruit Juice

16 BREAKFAST
Glazed Dunkin Sticks
OR
Pop Tart & Cereal
Craisins, Fruit Juice
LUNCH
Roasted Turkey
OR
Chicken Tenders
Wheat Roll
OR
Strawberry Yogurt
Parfait w/ Muffin
Cornbread Stuffing
Mashed Potatoes and Gravy
Green Beans
Fruit Cup
Fruit Juice Holiday Treat

17 BREAKFAST
Fruit Filled Frudel Strudel
OR
Pop Tart & Cereal
Craisins, Fruit Juice
LUNCH
Pepperoni Pizza/ Cheese Pizza
OR
Western BBQ
Beef Sandwich
OR
Turkey/Cheese Sub Sandwich
On Raps
Whole Kernel Corn
Fresh Vegetable of the Day
Fruit Cup
Fruit Juice

27 BREAKFAST
Mini Cinnamon
OR
Pop Tart & Cereal
Craisins, Fruit Juice
LUNCH
Beef/Cheese Nachos
OR
Hot/Spicy Chicken Sandwich
OR
Strawberry Yogurt
Parfait w/ Muffin
Refried Beans
French Fries
Fresh Vegetable of the Day
Fruit Cup
Fruit Juice

28 BREAKFAST
Waffles w/ Strawberries & Cream
OR
Toast & Cereal
Raisels, Fruit Juice
LUNCH
Hamburger/ Cheeseburger
OR
Hot Dog w/ Chili & Cheese
OR
Crispy Chicken Caesar Salad
OR
Grilled Cheese Sand. French Fries
Baked Beans
Fresh Vegetable of the Day
Fruit Cup
Fruit Juice

29 BREAKFAST
Mini Pancake Bites
OR
Toast & Cereal
Raisels, Fruit Juice
LUNCH
Chicken Tenders
OR
Chicken Fried Steak
Wheat Roll
OR
Fruit & Cheese Plate w/ Muffin
Mashed Potatoes w/ Creamy Garlic Green Beans
Fresh Vegetable of the Day
Fruit Cup
Fruit Juice

30 BREAKFAST
French Toast w/ Scrambled Eggs
OR
Pop Tart & Cereal
Raisels, Fruit Juice
LUNCH
Beef Lasagna
OR
Oven Fried Chicken Drumstick
Garlic Toast
OR
*Turkey Club Wrap
OR
Mango Yogurt
Parfait w/ Muffin
Whole Kernel Corn
California Blend
Fresh Vegetable of the Day
Fruit Cup
Fruit Juice

1 BREAKFAST
Pull-Apart Donut
OR
Pop Tart & Cereal
Craisins, Fruit Juice
LUNCH
Pepperoni Pizza/ Cheese Pizza
OR
Chicken & Cheese Quesadilla
OR
Cold Cut Sub Sandwich
French Fries
Steamed Broccoli
Fresh Vegetable of the Day
Fruit Cup
Fruit Juice

*Contains Pork  •  Fresh fruit offered daily  •  Menu Subject to change due to product availability