**February Grab N' Go**

**Hurst JH**

**BREAKFAST:** Pop Tart & Cereal offered daily. Includes choice of milk. **LUNCH:** Includes entrée, vegetable, fruit & choice of milk.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
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<tr>
<td><strong>5</strong> - <strong>BREAKFAST</strong>&lt;br&gt;Mini French Toast Bites&lt;br&gt;OR&lt;br&gt;Pop Tart &amp; Cereal&lt;br&gt;Crains&lt;br&gt;Fruit Juice</td>
<td><strong>LUNCH</strong>&lt;br&gt;Beef/Cheese Nachos&lt;br&gt;OR&lt;br&gt;Hot/Spicy Chicken Sandwich&lt;br&gt;Strawberry Yogurt Parfait w/ Muffin Refried Beans French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</td>
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<td><strong>6</strong> - <strong>BREAKFAST</strong>&lt;br&gt;Breakfast Burrito w/ Eggs &amp; Sausage&lt;br&gt;OR&lt;br&gt;Pop Tart &amp; Cereal&lt;br&gt;Raisels, Fruit Juice</td>
<td><strong>LUNCH</strong>&lt;br&gt;Hamburger/ Cheeseburger&lt;br&gt;OR&lt;br&gt;FiestaTaco Pizza&lt;br&gt;OR&lt;br&gt;Crisy Chicken Caesar Salad&lt;br&gt;OR&lt;br&gt;Grilled Cheese Sandwich&lt;br&gt;French Fries&lt;br&gt;Crinkie Cut Carrots of the Day&lt;br&gt;Fruit Cup&lt;br&gt;Fruit Juice</td>
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<td><strong>7</strong> - <strong>BREAKFAST</strong>&lt;br&gt;Bagel w/ Cream Cheese&lt;br&gt;OR&lt;br&gt;Pop Tart &amp; Cereal&lt;br&gt;Raisels, Fruit Juice</td>
<td><strong>LUNCH</strong>&lt;br&gt;Chicken Tenders&lt;br&gt;OR&lt;br&gt;Steak Fingers&lt;br&gt;Wheat Roll&lt;br&gt;OR&lt;br&gt;Italian Sub Sandwich&lt;br&gt;OR&lt;br&gt;Blueberry Yogurt&lt;br&gt;Parfait w/ Muffin&lt;br&gt;Mashed Potatoes w/ Cream Gravy&lt;br&gt;Green Beans&lt;br&gt;Fresh Vegetable of the Day&lt;br&gt;Fruit Cup&lt;br&gt;Fruit Juice</td>
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<td><strong>8</strong> - <strong>BREAKFAST</strong>&lt;br&gt;Breakfast Pizza</td>
<td><strong>LUNCH</strong>&lt;br&gt;Beef Lasagna&lt;br&gt;OR&lt;br&gt;Crispy Chicken Drumstick&lt;br&gt;Garlic Toast&lt;br&gt;OR&lt;br&gt;Mandarin Orange Yogurt Parfait w/ Muffin&lt;br&gt;Bahamas Blend Whole Kernel Corn&lt;br&gt;Fresh Vegetable of the Day&lt;br&gt;Fruit Cup&lt;br&gt;Fruit Juice</td>
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<td><strong>9</strong> - <strong>BREAKFAST</strong>&lt;br&gt;Cinnamon Glazed French Toast</td>
<td><strong>LUNCH</strong>&lt;br&gt;Pepperoni Pizza/ Cheese Pizza&lt;br&gt;OR&lt;br&gt;Fish Sandwich&lt;br&gt;OR&lt;br&gt;Crispy Chicken Wrap&lt;br&gt;French Fries&lt;br&gt;Steamed Broccoli Fresh Vegetable of the Day Fruit Cup Fruit Juice</td>
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<td><strong>10</strong> - <strong>BREAKFAST</strong>&lt;br&gt;Mini Cinnis&lt;br&gt;OR&lt;br&gt;Pop Tart &amp; Cereal&lt;br&gt;Crains&lt;br&gt;Fruit Juice</td>
<td><strong>LUNCH</strong>&lt;br&gt;Chicken Alfredo&lt;br&gt;w/ Garlic Toast&lt;br&gt;OR&lt;br&gt;Beef BBQ Rib Sandwich&lt;br&gt;OR&lt;br&gt;Blueberry Yogurt Parfait w/ Muffin&lt;br&gt;French Fries&lt;br&gt;Steamed Broccoli Fresh Vegetable of the Day Fruit Cup Fruit Juice</td>
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<td><strong>11</strong> - <strong>BREAKFAST</strong>&lt;br&gt;Yogurt Cup w/ Grahams&lt;br&gt;OR&lt;br&gt;Pop Tart &amp; Cereal&lt;br&gt;Crains&lt;br&gt;Fruit Juice</td>
<td><strong>LUNCH</strong>&lt;br&gt;Chicken Fried Steak&lt;br&gt;Wheat Roll&lt;br&gt;OR&lt;br&gt;Cheese Bites w/ Marinara Dip&lt;br&gt;Mashed Potatoes w/ Cream Gravy&lt;br&gt;Green Beans&lt;br&gt;Fresh Vegetable of the Day&lt;br&gt;Fruit Cup&lt;br&gt;Fruit Juice Valentine’s Treat</td>
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<td><strong>12</strong> - <strong>BREAKFAST</strong>&lt;br&gt;Breakfast on a Stick</td>
<td><strong>LUNCH</strong>&lt;br&gt;Pepperoni Pizza/ Cheese Pizza&lt;br&gt;OR&lt;br&gt;Crispy Mango Habanero Chicken&lt;br&gt;OR&lt;br&gt;Blueberry Yogurt Parfait w/ Muffin&lt;br&gt;French Fries&lt;br&gt;Whole Kernel Corn&lt;br&gt;Fresh Vegetable of the Day&lt;br&gt;Fruit Cup&lt;br&gt;Fruit Juice&lt;br&gt;<strong>Early Release</strong>&lt;br&gt;LUNCH&lt;br&gt;Hamburger/ Cheeseburger&lt;br&gt;Grilled Cheese Sandwich&lt;br&gt;Baked Chips Baby Carrots Fresh Vegetable of the Day Fruit Cup Fruit Juice</td>
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**BREAKFAST:** Student: $2.25 • Adult: a la carte  **LUNCH:** Student: $3.55 • Reduced: $0.40 • Adult: $5.00

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**Fresh fruit offered daily**

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**Menu Subject to change due to product availability**

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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 Program information may be made available in languages other than English. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form. Complainant Form-0506-0020 available at any USDA office. By calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil right violation. The complete AD-3027 form or letter must be submitted to USDA by mail: U.S. Department of Agriculture, Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or by fax (202) 690-7944; or call toll-free: 1-866-632-9992; or TTY: 1-866-866-8796. Complaints also may be filed directly with the USDA, by calling (800) 597-8855 (voice) or (800) 877-8339 (TDD), or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil right violation. The complete AD-3027 form or letter must be submitted to USDA by mail: U.S. Department of Agriculture, Assistant Secretary for Civil Rights, USPS 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or by fax (202) 690-7944; or call toll-free: 1-866-632-9992; or TTY: 1-866-866-8796.
20 BREAKFAST
Mini Waffles
OR Pop Tart & Cereal Raisels
Fruit Juice
LUNCH Hamburger/ Cheeseburger
OR Pepperoni Rippers/ Garlic Cheese Rippers
OR Strawberry Yogurt Parfait w/ Muffin
French Fries
Baked Beans
Fresh Vegetable of the Day
Fruit Cup
Fruit Juice
21 BREAKFAST
Cinnamon Roll & String Cheese
OR Pop Tart & Cereal Raisels, Fruit Juice
LUNCH Chicken Nuggets
OR Chicken Fried Steak Wheat Roll
OR Cold Cut Sub Sand.
OR Fruit/Cheese Plate
Mashed Potatoes w/ Cream Gravy
Green Beans
Fresh Vegetable of the Day
Fruit Cup, Fruit Juice
22 BREAKFAST
French Toast & Sausage
OR Pop Tart & Cereal Raisels, Fruit Juice
LUNCH Spaghetti w/ Meat Sauce
OR Roasted BBQ Chicken Drumsticks
Garlic Roll
OR Grilled Cheese Sandwich
Steamed Broccoli Mixed Vegetables
Fresh Vegetable of the Day
Fruit Cup, Fruit Juice
23 BREAKFAST
Breakfast Grilled Cheese Sandwich
OR Pop Tart & Cereal Raisels
Craisins
Fruit Juice
LUNCH Pepperoni Pizza/ Cheese Pizza
OR Chilli Frito Pie w/ Wheat Roll
OR Crispy Buffalo Chicken Wrap
Whole Kernel Corn
French Fries
Fresh Vegetable of the Day
Fruit Cup, Fruit Juice
24 BREAKFAST
Mini Cinnamon Crumb Loaf
OR Pop Tart & Cereal Raisels, Fruit Juice
LUNCH Beef/Cheese Nachos
OR Hot/Spicy Chicken Sandwich
OR Strawberry Yogurt Parfait w/ Muffin
Rrefried Beans
French Fries
Fresh Vegetable of the Day
Fruit Cup
Fruit Juice
25 BREAKFAST
Chicken Biscuit Sandwich
OR Pop Tart & Cereal Raisels, Fruit Juice
LUNCH Hamburger/ Cheeseburger
OR Macaroni & Cheese w/ Fish nuggets and Wheat Roll
OR Crispy Chicken Salad
French Fries
California Blend Fresh Vegetable of the Day
Fruit Cup
Fruit Juice
26 BREAKFAST
Fruit Filled Frudel Strudel
OR Pop Tart & Cereal Raisels, Fruit Juice
LUNCH Oven Roasted Turkey
OR Steak Fingers Wheat Roll
OR Grilled Cheese Sandwich
Mashed Potatoes w/ Cream Gravy
Green Beans
Fresh Vegetable of the Day
Fruit Cup, Fruit Juice
27 BREAKFAST
Breakfast Pizza
OR Pop Tart & Cereal Raisels, Fruit Juice
LUNCH Pepperoni Calzone/ Cheese Calzone w/ Marinara Dip
OR Crispy Chicken Sandwich
OR *Turkey Club Sub Sandwich
Onion Rings
Corn on the Cob
Fresh Vegetable of the Day
Fruit Cup
Fruit Juice
28 BREAKFAST
Breakfast Grilled Cheese Sandwich
OR Pop Tart & Cereal Raisels, Fruit Juice
LUNCH Pepperoni Pizza/ Cheese Pizza
OR Sweet/Sour Chicken w/ Seasoned Rice and Wheat Roll
OR Italian Sub Sandwich
French Fries
Steamed Broccoli
Fresh Vegetable of the Day
Fruit Cup
Fruit Juice
29 BREAKFAST
Breakfast Grilled Cheese Sandwich
OR Pop Tart & Cereal Raisels, Fruit Juice
LUNCH Spaghetti w/ Meat Sauce
OR Roasted BBQ Chicken Drumsticks
Garlic Roll
OR Grilled Cheese Sandwich
Steamed Broccoli Mixed Vegetables
Fresh Vegetable of the Day
Fruit Cup, Fruit Juice

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

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/oashome/program-complaint-forms. Between 10:00 AM and 2:00 PM, either by phone at (866) 632-9992, or by letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410, or fax (202) 690-7442, or email: program.intake@usda.gov.

This institution is an equal opportunity provider.