



November 2021 Intermediate

REMINDER:
All Students Eat "FREE"
Breakfast & Lunch for
2021-2022 School Year

*All menus include daily fruits, veggies, juice and milk.
Assorted Cereal Offered Daily @ Breakfast*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Full Price Reduced</p> <p>Breakfast Free Free</p> <p>Lunch Free Free</p> <p>All menus conform to TDA and USDA standards that regulate the nutritional analysis of these servings. Nutritional analysis are calculated on a week-to-week basis. The HFISD Child Nutrition Department is committed to helping promote the well-being of students today and tomorrow. USDA is an equal opportunity provider and employer.</p>		<p>Menus are subject to change without notice due to circumstances beyond our control. The most current menu is always posted at www.hfisd.net under Nutrition Services</p>		
<p>1 Breakfast Chocolate Chip Muffin W/Cheese Stick Breakfast Pizza Lunch Chicken Parmesan Ham & Cheese Sub Ham Chef Salad</p>	<p>2 Breakfast Sausage & Biscuit Waffles W/Syrup Lunch Pizza Sticks W/ Sauce Turkey & Cheese Wrap Chef Salad</p>	<p>3 Breakfast Fudge Pop tart Yogurt Parfait W/Bug Bites Lunch General Tso Chicken W/Fried Rice Chicken Ranch Wrap Chef Salad</p>	<p>4 Breakfast French Toast Sticks W/Syrup Egg, Ham on Flatbread Lunch Chili Cheese Fries Turkey, Ham & Cheese Sub Chef Salad</p>	
<p>8 Breakfast Strawberry Pop tart Scrambled Eggs W/Potatoes & Toast Lunch Nacho's Ham & Cheese Sub Ham Chef Salad</p>	<p>9 Breakfast Pancakes W/Syrup Breakfast Pizza Lunch Popcorn Chicken Bowl Chef Salad Turkey & Ham Wrap</p>	<p>10 Breakfast Glazed Donut Morning Kolache Lunch Chicken Fried Steak Turkey & Cheese Sub Chef Salad</p>	<p>11 Breakfast Breakfast Burrito Chocolate Chip Muffin W/Yogurt Lunch Spaghetti W/Meat Sauce Ham & Cheese Sub Chef Salad</p>	<p>12 Breakfast Cinnamon Roll Egg, Bacon on Flatbread Lunch Breaded Chicken Drumstick Make your own Pizza Chef Salad</p>
<p>15 Breakfast Pancakes W/Syrup Biscuit W/Egg, Sausage & Cheese Lunch Chicken Fried Steak W/Roll Ham Chef Salad Ham & Cheese Sub</p>	<p>16 Breakfast Mini Pancake Wraps Sausage & Biscuit Lunch Nachos to Go Bag Popcorn Chicken Salad Turkey & Swiss Wrap</p>	<p>17 Breakfast Strawberry Pop tart Ham & Cheese Biscuit Lunch Lomein Chicken & Noodles Chicken Ranch Flatbread Chef Salad</p>	<p>18 Breakfast Chicken & Waffle's W/Syrup Breakfast Burrito Lunch Thanksgiving Meal Lunch Turkey & Cheese Sub Chef Salad</p>	<p>19 Breakfast Blueberry Muffin W/Yogurt French Toast Sticks Lunch Chili Cheese Fries Fruit Salad W/Yogurt Ham & Cheese Sandwich</p>

Offered Daily
Chicken Patty Sandwich's, Burgers and Pizza
Snacks sold daily

PARENTS – PLEASE COMPLETE A NEW MEAL APPLICATION & RETURN FOR FUTURE REFERENCE FOR DISTRICT DATA

One application per family.

Happy Thanksgiving