



# October 2021 Intermediate

*All menus include daily fruits, veggies, juice and milk.  
Assorted Cereal Offered Daily @ Breakfast  
Burgers, Chicken Sandwiches & Pizza Offered Daily*

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Full Price      <b>Breakfast</b>      <b>Lunch</b> Reduced      Free      Free Free      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. <b>USDA is an equal opportunity provider and employer.</b></p>		<p>Menus are subject to change without notice due to circumstances beyond our control. The most current menu is always posted at <a href="http://www.hfisd.net">www.hfisd.net</a> under Nutrition Services</p>		<p><b>1</b> Staff Development Day Student Holiday</p>
<p><b>4</b> <b>Breakfast</b> Strawberry Pop tart W/Cheese Stick Scrambled Eggs W/Hash Brown <b>Lunch</b> Nacho's Ham &amp; Cheese Sub Sandwich Ham Chef Salad</p>	<p><b>5</b> <b>Breakfast</b> Breakfast Pizza Pancakes W/Syrup <b>Lunch</b> Chicken Potato Bowl Turkey &amp; Cheese Wrap Chef Salad</p>	<p><b>6</b> <b>Breakfast</b> Glazed Donut Morning Kolache <b>Lunch</b> Chicken Fried Steak W/Gravy Sandwich Popcorn Chicken Chef Salad</p>	<p><b>7</b> <b>Breakfast</b> Chocolate Chip Muffin Egg, Sausage &amp; Cheese Bun <b>Lunch</b> Spaghetti W/Garlic Bread Ham, Turkey &amp; Cheese Wrap Chef Salad</p>	<p><b>8</b> <b>Breakfast</b> Cinnamon Roll Egg, Bacon Flatbread <b>Lunch</b> Breaded Chicken Drumstick Chef Salad Ham &amp; Cheese Sandwich</p>
<p><b>11</b> <b>Breakfast</b> Pancakes W/Syrup Biscuit W/Egg &amp; Cheese <b>Lunch</b> Chicken Fried Steak W/Roll Ham &amp; Cheese Sub Sandwich Ham Chef Salad</p>	<p><b>12</b> <b>Breakfast</b> Pancake Wrap W/Syrup Biscuit W/Sausage <b>Lunch</b> Nacho's Ham Chef Salad Turkey &amp; Cheese Wrap</p>	<p><b>13</b> <b>Breakfast</b> Cinnamon Roll Biscuit W/Ham &amp; Cheese <b>Lunch</b> Chicken LoMein Noodles Bowl Chef Salad Turkey &amp; Cheese Sub</p>	<p><b>14</b> <b>Breakfast</b> Chicken &amp; Waffles W/Syrup Breakfast Burrito <b>Lunch</b> Chili Fries Bowl Ham, Turkey &amp; Cheese Sub Chef Salad</p>	<p><b>15</b> <b>Breakfast</b> French Toast Sticks W/Syrup Blueberry Muffin <b>Lunch</b> Beef Salisbury Steak W/Roll Ham, Turkey &amp; Cheese Wrap Chef Salad</p>
<p><b>18</b> <b>Breakfast</b> French Toast Sticks W/Syrup Eggs, Bacon W/Toast <b>Lunch</b> BBQ Chicken W/Roll Ham Chef Salad Chicken Ranch Wrap</p>	<p><b>19</b> <b>Breakfast</b> Pancakes W/Syrup Egg, Bacon Breakfast Sandwich <b>Lunch</b> Chicken Spaghetti W/Garlic Bread Popcorn Chicken Salad Turkey &amp; Swiss Sandwich</p>	<p><b>20</b> <b>Breakfast</b> Pop tart Chicken Biscuit <b>Lunch</b> Salisbury Steak W/Roll Turkey &amp; Cheese Wrap Chef Salad</p>	<p><b>21</b> <b>Breakfast</b> Glazed Donut Breakfast Pizza <b>Lunch</b> Chicken Alfredo w/garlic bread Turkey &amp; Cheese Sub Chef Salad</p>	<p><b>22</b> <b>Breakfast</b> Blueberry Muffin Breakfast Burrito W/Yogurt <b>Lunch</b> Chicken Potato Bowl Fruit Salad W/Yogurt Ham &amp; Cheese Sandwich</p>
<p><b>25</b> <b>Breakfast</b> Biscuit w/Sausage Link Pop tart W/Cheese Stick <b>Lunch</b> Pork Soft Tacos Breaded Chicken Wrap Ham Chef Salad</p>	<p><b>26</b> <b>Breakfast</b> Glazed Donut Holes Breakfast Pizza <b>Lunch</b> Pulled Pork BBQ Sandwich Turkey &amp; Cheese Wrap Chef Salad</p>	<p><b>27</b> <b>Breakfast</b> Pancake on a Stick Breakfast Sandwich <b>Lunch</b> Chicken Spaghetti Turkey &amp; Cheese Sub Chicken Ranch Salad</p>	<p><b>28</b> <b>Breakfast</b> Glazed Donut Breakfast Burrito <b>Lunch</b> Fish Sticks W/Mac &amp; Cheese Ham &amp; Cheese Wrap Chef Salad</p>	<p><b>29</b> <b>Breakfast</b> Biscuit W/Egg &amp; Sausage Pancakes W/Syrup <b>Lunch</b> Chicken Drumstick Popcorn Chicken Salad Turkey &amp; Cheese Sandwich</p>