



HDMS School Breakfast & Lunch Schedule

***Vegetarian option available daily when requested in the morning.**

	MON	TUES	WED	THURS	FRI
	<p>29</p> <p>English Muffin w/ honey or jam & butter, fruit and milk</p> <p>Spaghetti w/ tomato sauce and meat (veg option is marinara sauce), fruit and milk</p>	<p>30</p> <p>Grilled Cheese Sandwich, fruit and milk</p> <p>Bean Burrito Bowl w/ cilantro sauce, fruit and milk</p>	<p>1</p> <p>Homemade Banana Muffin, fruit and milk</p> <p>Cheese Pizza, fruit and milk</p>	<p>2</p> <p>Breakfast Burrito (egg, cheese & black bean), fruit and milk</p> <p>Chicken Caesar Wrap (veg option is Caesar Wrap), fruit and milk</p>	<p>3</p> <p>Homemade Granola, fruit and milk</p> <p>Baked Potato w/sour cream, bacon & green onion (veg option without bacon), fruit and milk</p>
December	<p>6</p> <p>English Muffin w/ honey or jam & butter, fruit and milk</p> <p>Rotini w/ veggies and alfredo sauce, fruit and milk</p>	<p>7</p> <p>Grilled Cheese Sandwich, fruit and milk</p> <p>Teriyaki Bowl, fruit and milk</p>	<p>8</p> <p>Homemade Banana Muffin, fruit and milk</p> <p>Pepperoni Pizza (veg option is cheese pizza), fruit and milk</p>	<p>9</p> <p>Breakfast Burrito (egg, cheese & black bean), fruit and milk</p> <p>Veggie Chili w/ chips, fruit and milk</p>	<p>10</p> <p>Homemade Granola, fruit and milk</p> <p>Grilled Chicken Drumsticks w/rice (veg option sauteed chickpeas w/ tomatoes and green onions over rice), fruit and milk</p>
	<p>13</p> <p>English Muffin w/ honey or jam & butter, fruit and milk</p> <p>Baked Penne Pasta, fruit and milk</p>	<p>14</p> <p>Grilled Cheese Sandwich, fruit and milk</p> <p>Fiesta Quesadilla (corn, tomatoes, onions, black beans & cheese), fruit and milk</p>	<p>15</p> <p>Homemade Banana Muffin, fruit and milk</p> <p>Veggie Pizza (mushroom, black olive & onion), fruit and milk</p>	<p>16</p> <p>Breakfast Burrito (egg, cheese & black bean), fruit and milk</p> <p>Chicken & Rice Soup (veg option is veggie rice soup), fruit and milk</p>	<p>17</p>
	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
	WINTER BREAK				
	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>
WINTER BREAK					

This institution is an equal opportunity provider