

HES Menu ~ September 2019

2 Holiday	3 Crispitos Corn Beans Fruit Breakfast French Toast Sticks	4 Hotdog Glazed Carrots Hash Brown Fruit Breakfast Muffin	5 Chicken Bites Roll Mashed Potatoes English Peas Fruit Breakfast Sausage Biscuit	6 Cheeseburger Oven Baked Fries Green Beans Fruit Cookie Breakfast Breakfast Pizza
9 Chicken Alfredo Breadstick English Peas Steamed Broccoli Fruit Breakfast Parfait	10 Salisbury Steak w/ Gravy & Roll Mashed Potatoes Butterbeans Fruit Breakfast Ham Biscuit	11 Manager's Choice	12 Pizza Oven Baked Fries Corn Nuggets Fruit Breakfast Chicken Biscuit	13 Chicken Sandwich Tater Tots Okra Fruit Breakfast Muffin
16 Beef Taco Corn Beans Fruit Breakfast Dutch Waffle	17 Chicken Tenders Mac & Cheese Black-Eyed Peas Turnips Fruit Breakfast Sausage Biscuit	18 Steak Nuggets Roll Mixed Veggies Potato Wedges Fruit Breakfast Breakfast Bagel	19 Chili Cheese Tots Steamed Broccoli Glazed Carrots Fruit Breakfast Eggs & Toast	20 Steak Sandwich Sweet Potato Fries Green Beans Fruit Cookie Breakfast Chicken Biscuit
23 Beef & Cheese Nachos Corn Beans Fruit Breakfast Honeybun	24 Beef Tips & Gravy Roll Mashed Potatoes English Peas Fruit Breakfast Sausage, Egg & Cheese Biscuit	25 Spaghetti Salad Mixed Veggies Cheese Stick Fruit Breakfast Cinnamon Roll	26 Wings Roll Oven Baked Fries Carrots and Celery Fruit Breakfast Ham Biscuit	27 BBQ Sandwich Hash Brown Baked Beans Fruit Breakfast Breakfast Pizza
30 Sweet & Sour Chicken w/ Rice Egg Roll Broccoli & Cheese Fruit Breakfast Mini Pancakes	<p>Please join us for Breakfast & Lunch!</p> <p>Plain and Flavored Milk is available with all meals. Water is available for purchase.</p>			