

Monday

Tuesday

Wednesday

Thursday

Friday

Menu Information: Assorted Variety Deli Sandwiches, Chef Salad, and Yogurt/Cheese offered Daily. Deli Sandwich on Sub Bun (30) Chicken Salad on Sub Bun (34) or Tuna Salad on Sub Bun (30) Chef Salad is served each day w/ Bread Stick & Croutons (32) Yogurt/Cheese is served each day w/ Bread Stick & Granola (49)

(##) denotes carb counts in the serving size for that menu item with all its components.

Jeff Rib on Bun (42) or
Cheeseburger on Bun (33) **5**

Potato Smiles (20)

Cheeseburger on Bun (33) or
Roasted Chicken on Bun (33) **12**

Baked Beans (29)

Creamy Ranch Chicken
on Ciabatta Bun (31) or
Jeff Rib on Bun (42) **19**

Baked Beans (29)

Popcorn Chicken* (13)
w/HMD Bread (17) or
Ham & Cheese Flatbread (29) **26**

Loaded Mashed Potatoes (20)

NATIONAL NACHO DAY **6**
Macho Nacho
(7-8 (24) (9-12 (40) or
Mushroom/Cheese
Chicken Sandwich (35)
Refried Beans (23)

Roasted Chicken Breast (0) **13**
Served on a bed of Seasoned
Rice(24) w/HMD Bread(16) or
Jeff Rib on Bun (42)

Broccoli (5)

Roast Turkey (0) **20**
w/HMD Bread (17 ea.) or
Cheeseburger on Bun (33)

Mashed Potatoes (14)Gravy (4)
Pumpkin Crunch Dessert (40)

Western Flatbread (40) or **27**
Roasted Chicken on Bun (33)

Green Beans (4)

Roasted Chicken on Bun (33) or **7**
Pulled Pork on Bun (33)

Broccoli w/Cheese (5)

Sausage Patty (0) **14**
w/Pancakes *(27) & Syrup(30) or
Chicken & cheese Flatbread (29)

Tater Tots (20)

Toasted Cheese Sandwich (30)or **21**
Chicken & Cheese Flatbread (29)

Tomato Soup (24)
w/Crackers (5 ea. Pkg.)

Mini Corndogs **28**
(7-8 (35) (9-12 (40)or
Hamburger on Bun (33)

Baked Beans (29)

HMD Beef Pizza (35) or **1**
Roasted Chicken on Bun (33)

Corn (16)

Chicken Alfredo Pizza (40) or **8**
Hamburger on Bun (33)

Green Peas (11)

Chicken Gravy (6) w/Biscuit (24) or **15**
Hamburger on Bun(33)

Mashed Potatoes (14)



NO SCHOOL

Pulled Pork on Bun (33) or **29**
Chicken & Cheese Flatbread (29)

Sweet Waffle Fries (23)

NO SCHOOL **2**

**AREA WIDE
PROFESSIONAL
DEVELOPMENT**

Mandarin Chicken (34) **9**
w/Seasoned Rice(24) &
EggRoll (22) or
Ham & Cheese Flatbread(29)

Asian Green Beans (7)

HMD Chili (20) **16**
w/HMD Cinnamon Roll(41) &
Crackers (5 ea. pk.) Or
Hot Dog on Bun (34)

Fresh Veggies

NO SCHOOL **23**
THANKSGIVING BREAK

Fiestada Pizza (38) or **30**
Jeff Rib on Bun (42)

Corn (16)

Jr-Sr High Lunch Price \$3.00
Side of Fruit or Vegetable \$.50
Chips or Cereal Bar \$.75
Extra Milk Carton \$.50

Extra Entree \$2.00

Adult meal \$3.65