

Breakfast and Lunch are currently available to ALL students for FREE

Hebron Public Schools

Breakfast & Lunch Menu
November 2022

Fresh Fruits, Veggies and Milk served daily!

<p>10/31</p> <p>Pasta & Meatballs Texas Toast & Steamed Green Beans <i>Alt. Chicken Patty</i></p> <p>Apple Roll</p>	<p>11/1</p> <p>Sloppy Sloppy Joe on a Roll Steamed Carrots <i>Alt. Chicken Patty</i></p> <p>Waffles</p>	<p>11/2</p> <p>Brunch For Lunch French Toast, Sausage & Hash Browns <i>Alt. Chicken Patty</i></p> <p>Pumpkin Bread</p>	<p>11/3</p> <p>Chicken & Smashed Potato Bowl Golden Corn <i>Alt. Chicken Patty</i></p> <p>Fruit & Yogurt Parf</p>	<p>11/4</p> <p>Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Chicken Patty</i></p> <p>Apple Cinn Muffin</p>
<p>11/7</p> <p>Cheese Quesadilla Zesty Salsa & Sour Cream Refried Beans <i>Alt. Grilled Cheese</i></p> <p>Apple Roll</p>	<p>11/8</p> <p>NO SCHOOL</p>	<p>11/9</p> <p>Sausage, Egg & Cheese Bagel Sweet Potato Fries <i>Alt. Grilled Cheese</i></p> <p>French Toast</p>	<p>11/10</p> <p>Turkey Feast!! Mashed Potatoes, Gravy, Corn & Roll Cranberry Jelly <i>Alt. Grilled Cheese</i></p> <p>Bagel w/ Crm Chs.</p>	<p>11/11</p> <p>NO SCHOOL</p>
<p>11/14</p> <p>Cheese Ravioli w/ Meat Sauce Garlic Bread & Green Beans <i>Alt. Cheese Burger</i></p> <p>Apple Roll</p>	<p>11/15</p> <p>Tangy Chicken Teriyaki Rice Bowl w/ Broccoli <i>Alt. Cheese Burger</i></p> <p>Waffles</p>	<p>11/16</p> <p>Brunch For Lunch French Toast, Egg or Sausage Patty & Hash Browns <i>Alt. Cheese Burger</i></p> <p>Pumpkin Bread</p>	<p>11/17</p> <p>BBQ Rib on a Roll w/ Baked Beans <i>Alt. Cheese Burger</i></p> <p>Fruit & Yogurt Parf</p>	<p>11/18</p> <p>Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Cheese Burger</i></p> <p>Apple Cinn Muffin</p>
<p>11/21</p> <p>Popcorn Chicken & Waffles Oven Baked Fries <i>Alt. Chicken Patty</i></p> <p>BurgerCinnamon Roll</p>	<p>11/22</p> <p>Macaroni & Cheese Dinner Roll Steamed Carrots <i>Alt. Cheese Burger</i></p> <p>Egg & Cheese Croissant</p>	<p>Early Dismissal 11/23</p> <p>Pizza Day!! Pizza Day!! Zesty Broccoli Salad <i>Alt. Cheese Burger</i></p> <p>French Toast</p>	<p>11/24</p> <p></p>	<p>11/25</p> <p></p>
<p>11/28</p> <p>Sloppy Sloppy Joe on a Roll Baby Carrots with Ranch <i>Alt. Chicken Patty</i></p> <p>Apple Roll</p>	<p>11/29</p> <p>Pineapple Teriyaki Meatballs w/ Brown Rice and Broccoli <i>Alt. Chicken Patty</i></p> <p>Waffles</p>	<p>11/30</p> <p>Brunch For Lunch Pancakes, Sausage & Hash Browns <i>Alt. Chicken Patty</i></p> <p>Pumpkin Bread</p>	<p>12/1</p> <p>Chicken & Smashed Potato Bowl Sweet Corn Niblets <i>Alt. Chicken Patty</i></p> <p>Fruit & Yogurt Parf</p>	<p>12/2</p> <p>Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Chicken Patty</i></p> <p>Apple Cinn Muffin</p>

Important Food Services Update:
THIS IS AN EQUAL OPPORTUNITY INSTITUTION.

*Menu subject to change without notice. *

As you know, the Food Services Program opted to participate in School Meals Assistance Revenue for Transition (SMART) funds to continue providing meals (breakfast and lunch) at no cost for all students at the start of the school year. As previously communicated, these funds will not last all year, and the availability of meals at no cost will expire once all funds have been expended. Funds are being closely monitored, and a thirty-day advanced notice will be communicated before returning to full pay for those that do not qualify for free or reduced meals. If you believe your student may be eligible for Free or Reduced Meals, households must submit a Free and Reduced-Priced Meal Application as soon as possible to determine a student's eligibility for this school year and avoid unpaid meal charges once the program returns to pre-pandemic operations.

Please get in touch with Heather Plourde at hplourde@eastconn.org if you have any questions.

Breakfast



**Alternate Cereal Breakfast
Available Everyday**

**Alternate lunches are available daily by request
only and include all food group components:**

Yogurt Fun Lunch

Lunch



Lunch milk choices include: Fat Free or 1%
Regular Milk and fat-free chocolate milk

What does a complete lunch include?

Grain, meat/meat alternate, vegetable, fruit &
milk

**Students are encouraged to select all 5
components!**