

read
play
learn
run
dream

School Breakfast
ready SET GO!

October

Hanthorn Breakfast Menu 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CHEESY SCRAMBLED EGGS WG TOAST PEACHES MILK	2 WG MAPLE PANCAKES BANANA MILK	3 WG BISCUITS & GRAVY STRAWBERRIES MILK	4 WG BLUEBERRY MUFFIN YOGURT PINEAPPLE TIDBITS MILK
7 WG BREAKFAST EGG TAC-GO APPLESAUCE MILK	8 WG APPLE CINN OATMEAL BLUEBERRIES MILK	9 WG CHEERIOS CEREAL WG TOAST BANANA MILK	10 CHEESY SCRAMBLED EGGS WG MINI BISCUIT ORANGE WEDGES MILK	11 WG BLUEBERRY BASH WAFFLES PEARS MILK
14 WG TRKY SAU BREAKFAST PIZZA PEACHES MILK	15 CHEESY SCRAMBLED EGGS WG TOAST KIWI WEDGES MILK	16 WG MINI MAPLE PANCAKES BANANA MILK	17 WG BISCUITS & GRAVY STRAWBERRIES MILK	18 WG BLUEBERRY MUFFIN YOGURT PINEAPPLE TIDBITS MILK
21 WG BREAKFAST EGG TAC-GO APPLESAUCE MILK	22 WG APPLE CINN OATMEAL PEARS MILK	23 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK	24 WG BLUEBERRY BASH WAFFLES ORANGE WEDGES MILK	25 WG CHEERIOS WG TOAST BLUEBERRIES MILK
28 WG TRKY SAU BREAKFAST PIZZA KIWI WEDGES MILK	29 CHEESY SCRAMBLED EGGS WG TOAST PEACHES MILK	30 WG MAPLE PANCAKES BANANA MILK	31 WG BISCUITS & GRAVY STRAWBERRIES MILK	

NON-DISCRIMINATION:
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410



WG - Whole Grain

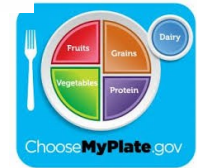


My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.

OCTOBER



Hanthorn Lunch Menu 2019



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Monday

Tuesday

Wednesday

Thursday

Friday

	1 WG FIESTADA PIZZA GREEN BEANS STRAWBERRIES & BLUEBERRIES MILK	2 WG SPAGHETTI W/ ZESTY MEATSAUCE MIXED GREENS SALAD ITALIAN DRESSING ORANGE WEDGES MILK	3 WG CHICKEN NUGGETS MASHED POTATOES & GRAVY STEAMED BROCCOLI PEACHES MILK	4 CHEESEBURGER ON WG BUN LETTUCE/TOMATO/PICKLE BAKED FRIES COOKED CARROTS ROSY APPLESAUCE MILK
7 WG HOT HAM & CHEESE SANDWICH GREEN BEANS PEARS MILK	8 WG BEEF ENCHILADAS WG MEXICAN-STYLE RICE COOKED CORN BANANA SALSA MILK	9 WG CHICKEN SANDWICH SWEET POTATO TRAX MIXED GREENS SALAD ITALIAN DRESSING STRAWBERRY FRUIT MEDLEY MILK	10 SLICED MEATLOAF WG HOT ROLL AU GRATIN POTATOES COOKED CARROTS APPLESAUCE MILK	11 CHILI, WG CRACKERS, WG CORNBREAD MUFFIN STEAMED BROCCOLI PEACHES MILK
14 WG CHICKEN NUGGETS MAC N CHEESE MIXED VEGETABLES ROSY APPLESAUCE MILK	15 WG CHEESE PIZZA GREEN BEANS PEARS MILK	16 CHICKEN & WG NOODLES WG MINI BISCUIT MIXED GREENS SALAD ITALIAN DRESSING PEACHES MILK	17 WG BEEF FINGERS MASHED POTATOES & GRAVY STEAMED BROCCOLI 100% JUICE STRAW/POM FZN CUP MILK	18 SLOPPY JOE ON WG BUN BAKED TATER TOTS COOKED CARROTS STRAWBERRIES & BLUEBERRIES MILK
21 WG GRILLED CHEESE GREEN BEANS STRAWBERRY FRUIT MEDLEY MILK	22 WG SOFT SHELLLED TACO SALSA REFRIED BEANS COOKED CORN BANANA MILK	23 WG BEEFY MAC & CHEESE MIXED GREENS SALAD RANCH DRESSING PEARS MILK	24 WG CHICKEN PATTY MASHED POTATOES & GRAVY WG HOT ROLL STEAMED BROCCOLI PEACHES MILK	25 CHICKEN TERIYAKI STIR-FRY W/WG NOODLES COOKED PEAS HOT SPICED APPLES MILK
28 WG FISH BITES WG MAC N CHEESE MIXED VEGETABLES PEARS MILK	29 WG FIESTADA PIZZA GREEN BEANS STRAWBERRIES & BLUEBERRIES MILK	30 WG SPAGHETTI W/ ZESTY MEATSAUCE MIXED GREENS SALAD ITALIAN DRESSING ORANGE WEDGES MILK	31 WG SPOOK-TACULAR CHICKEN NUGGETS MASHED POTATOES & GRAVY STEAMED BROCCOLI MILK CELEBRATION SIDEKICK 100% FRZ JUICE CUP	

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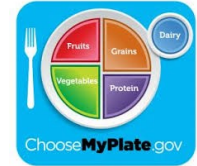
Hanthorn Snack Menu 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 1-5 YEAR APPLESAUCE CUP MILK	2 1-5 YEAR WG BLUEBERRY LEMON CRISPY BITES MILK	3 1-5 YEAR ORANGE WEDGES MILK	4 1-5 YEAR STRING CHEESE WG CRACKERS 100% APPLE JUICE
7 1-5 YEAR WG ORIGINAL GRAHAMS MILK	8 1-5 YEAR ASSORTED YOGURT 100% APPLE JUICE	9 1-5 YEAR APPLE CINNAMON MUFFIN MILK	10 1-5 YEAR GOLDFISH CRACKERS MILK	11 1-5 YEAR BANANA MILK
14 1-5 YEAR STRING CHEESE WG CRACKERS 100% APPLE JUICE	15 1-5 YEAR ORANGE WEDGES MILK	16 1-5 YEAR WG CHEEZ-IT CRACKERS MILK	17 1-5 YEAR WG BLUEBERRY LEMON CRISPY BITES MILK	18 1-5 YEAR APPLESAUCE CUP MILK
21 1-5 YEAR WG ORIGINAL GRAHAMS MILK	22 1-5 YEAR GOLDFISH CRACKERS MILK	23 1-5 YEAR WG BLUEBERRY MUFFIN MILK	24 1-5 YEAR ASSORTED YOGURT 100% APPLE JUICE	25 1-5 YEAR BANANA MILK
28 1-5 YEAR WG CRISPY CHEDDAR CRACKERS MILK	29 1-5 YEAR APPLESAUCE CUP MILK	30 1-5 YEAR WG BLUEBERRY LEMON CRISPY BITES MILK	31 1-5 YEAR ORANGE WEDGES MILK	

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