

School Breakfast  
ready SET GO!

read  
play  
learn  
run  
dream



# Hanthorn Breakfast Menu 2019




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.

**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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CHEESY SCRAMBLED EGGS WG TOAST PEARS MILK	2 WG TRK/SAU BREAKFAST PIZZA ORANGE WEDGES MILK
5	6	7	8	9
<p>— WELCOME —</p> <p><b>BACK TO SCHOOL</b></p>				
12	13 <i>SCHOOL RESUMES</i> 	14 WG MAPLE PANCAKES BANANA MILK	15 WG BISCUITS & GRAVY STRAWBERRIES MILK	16 WG BLUEBERRY MUFFIN YOGURT PINEAPPLE TIDBITS MILK
19 TRKY SAU BREAKFAST PIZZA KIWI WEDGES MILK	20 WG APPLE CINN OATMEAL BLUEBERRIES MILK	21 WG CHEERIOS WG TOAST BANANA MILK	22 CHEESY SCRAMBLED EGGS WG MINI BISCUIT ORANGE WEDGES MILK	23 WG BLUEBERRY BASH WAFFLES PEARS MILK
26 WG TRKY/SAU BREAKFAST PIZZA PEACHES MILK	27 CHEESY SCRAMBLED EGGS WG TOAST KIWI WEDGES MILK	28 WG MINI MAPLE PANCAKES BANANA MILK	29 WG MINI BISCUITS & GRAVY STRAWBERRIES MILK	30 WG BLUEBERRY MUFFIN YOGURT PINEAPPLE TIDBITS MILK



## Hanthorn Lunch Menu 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			1 WG BEEF FINGERS MASHED POTATOES COUNTRY GRAVY GREEN BEANS 100% JUICE STRAW/POM FZN CUP MILK	2 CHICKEN TERIYAKI STIR-FRY W/WG NOODLES COOKED PEAS PEACHES MILK
5	6			
12	13 <i>SCHOOL RESUMES</i> 	14 WG SPAGHETTI W/ ZESTY MEATSAUCE MIXED GREENS SALAD ITALIAN DRESSING ORANGE WEDGES MILK	15 WG CHICKEN NUGGETS MASHED POTATOES & GRAVY STEAMED BROCCOLI PEACHES MILK	16 CHEESEBURGER ON WG BUN LETTUCE/PICKLE/TOMATO BAKED FRIES COOKED CARROTS ROSY APPLESAUCE MILK
19 HOT HAM & CHEESE ON WG GOLDFISH BREAD GREEN BEANS STRAWBERRY FRUIT MEDLEY MILK	20 WG BEEF ENCHILADAS WG MEXICAN-STYLE RICE COOKED CORN BANANA SALSA MILK	21 WG CHICKEN SANDWICH SWEET POTATO TRAX MIXED GREENS SALAD ITALIAN DRESSING STRAWBERRIES MILK	22 SLICED MEATLOAF WG HOT ROLL AU GRATIN POTATOES COOKED CARROTS PEACHES MILK	23 WG TANGERINE CHICKEN WG STEAMED RICE COOKED PEAS HOT SPICED APPLES MILK
26 WG CHICKEN NUGGETS MAC N CHEESE MIXED VEGETABLES ROSY APPLESAUCE MILK	27 WG CHEESE PIZZA GREEN BEANS PEARS MILK	28 CHICKEN ALFREDO W/ WG NOODLES MIXED GREENS SALAD ITALIAN DRESSING PEACHES MILK	29 WG BEEF FINGERS MASHED POTATOES & GRAVY STEAMED BROCCOLI 100% JUICE STRAW/POM FZN CUP MILK	30 SLOPPY JOE ON WG BUN BAKED TATER TOTS COOKED CARROTS STRAWBERRIES & BLUEBERRIES MILK



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WG - Whole Grain

# AUGUST

## Hanthorn Snack Menu 2019



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Monday	Tuesday	Wednesday	Thursday	Friday
			1 1-5 YEAR BANANA MILK	2 1-5 YEAR WG CRISPY CHEDDAR CRACKERS MILK
5	6 	7		9
12	13 <i>SCHOOL RESUMES</i> 	14 1-5 YEAR ORANGE WEDGES MILK	15 1-5 YEAR WG BLUEBERRY LEMON CRISPY BITES MILK	16 1-5 YEAR STRING CHEESE WG CRACKERS 100% APPLE JUICE
19 1-5 YEAR WG ORIGINAL GRAHAMS MILK	20 1-5 YEAR ASSORTED YOGURT 100% APPLE JUICE	21 1-5 YEAR WG APPLE CINNAMON MUFFIN MILK	22 1-5 YEAR GOLDFISH CRACKERS MILK	23 1-5 YEAR BANANA MILK
26 1-5 YEAR STRING CHEESE WG CRACKERS 100% APPLE JUICE	27 1-5 YEAR ORANGE WEDGES MILK	28 1-5 YEAR CHEEZ-IT CRACKERS MILK	29 1-5 YEAR WG BLUEBERRY LEMON CRISPY BITES MILK	30 1-5 YEAR CINNAMON APPLESAUCE CUP MILK

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