LUNCH

## OCTOBER 2024

## Haywood County Schools: HMS Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
•	Student meals are served at no cost. Staff Lunch: \$4.00 Visitor Lunch: \$5.00	Mexican Fiestada Buttery Corn Perfect Pinto Beans Chilled Fruit Variety Frozen Fruit Sidekick	Country Steak & Gravy 2 w/ Roll Mashed Potatoes Green Peas Chilled Fruit Variety 100% Fruit Juice	Sack Lunch PARENT-TEACHER Conference	PROFESSIONAL DEVELOPMENT
	Fall Break	Fall Break	Fall Break	Fall Break	Fall Break
	Cheesy Omelet Sausage Patty Biscuit w/ Jelly Hash Brown Dragon Punch Chilled Fruit Variety	Chicken Rotel Spaghetti WG Breadstick Cheesy Broccoli Sweet Potatoes Chilled Fruit Variety Frozen Fruit Sidekick	Corn Dog Glazed Carrots Baked Beans Chilled Fruit Variety 100% Fruit Juice	Cheeseburger 17 Lettuce, Tomatoes, Pickles Seasoned Fries Green Beans Fresh Fruit Variety 100% Fruit Juice	Cheese or Sausage Pizza California Mixed Veggies Mixed Veggies w/ Ranch Sunset Sip Fresh Fruit Variety Frozen Fruit Sidekick
	Chicken & Waffles 21 Green Beans Sweet Potatoes Chilled Fruit Variety 100% Fruit Juice	Spaghetti 22 WG Roll Black-eyed Peas Turnip Greens Chilled Fruit Variety Frozen Fruit Sidekick	Hot Dog Seasoned Fries Glazed Carrots Chilled Fruit Variety 100% Fruit Juice	Pork Rib Patty On Bu <mark>n24</mark> Baked Beans Coleslaw Fresh Fruit Variety 100% Fruit Juice	Cheese or Pepperoni Pizza California Mixed Veggies Broccoli w/ Ranch Sunset Sip Fresh Fruit Variety Frozen Fruit Sidekick
	Chicken Tenders Mac & Cheese Glazed Carrots Broccoli Chilled Fruit Variety 100% Fruit Juice	Mexican Fiestada Buttery Corn Perfect Pinto Beans Chilled Fruit Variety Frozen Fruit Sidekick	Country Steak & Gravy30 w/ Roll Mashed Potatoes Green Peas Chilled Fruit Variety 100% Fruit Juice	Chick Pick Sandwich 31 California Mixed Veggies Green Beans Fresh Fruit Variety 100% Fruit Juice	

Students may select from the five components to build a lunch. The components are fruit, grain, meat, vegetables and mile. A minimum of three different components must be taken to receive meal benefits. A one cup serving of fruit or vegetable or a combination of both must be taken to get lunch at no cost. Meals without a fruit or vegetable will be charged at a la carte pricing. A choice of white and flavored 1% or fat free milk is offered daily. Due to supply chain issues, menu items are subject to change.

This institution is an equal opportunity provider.