

**Haywood County Schools: HMS Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Powdered Donuts <b>2</b> or Cereal Variety 2 oz. Chilled Pears 100% Fruit Juice 4 oz.	French Toast Sticks <b>3</b> or Poptart Variety (2ct.) Chilled Peaches 100% Fruit Juice 4 oz.	Apple Frudel <b>4</b> or Cereal Variety 2 oz. Chilled Fruit Cocktail 100% Fruit Juice 4 oz.	Ham and Cheese Croissant <b>5</b> or Cinnamon Roll Fresh Fruit Choice 100% Fruit Juice 4 oz.	Mini French Toast <b>6</b> or Cereal Variety 2 oz. Fresh Fruit Choice 100% Fruit Juice 4 oz.
Breakfast Bar Variety <b>9</b> or Cereal Variety 2 oz. Chilled Pears 100% Fruit Juice 4 oz.	Pancake Sausage Stick <b>10</b> or Poptart Variety (2ct.) Chilled Peaches 100% Fruit Juice 4 oz.	Mini Cinnis <b>11</b> or Cereal Variety 2 oz. Chilled Fruit Cocktail 100% Fruit Juice 4 oz.	Sausage & Biscuit <b>12</b> or Honey Bun Fresh Fruit Choice 100% Fruit Juice 4 oz.	Mini Waffles <b>13</b> or Cereal Variety 2 oz. Fresh Fruit Choice 100% Fruit Juice 4 oz.
Mini Powdered Donuts <b>16</b> or Cereal Variety 2 oz. Chilled Pears 100% Fruit Juice 4 oz.	French Toast Sticks <b>17</b> or Poptart Variety (2ct.) Chilled Peaches 100% Fruit Juice 4 oz.	Apple Frudel <b>18</b> or Cereal Variety 2 oz. Chilled Fruit Cocktail 100% Fruit Juice 4 oz.	Ham and Cheese Croissant <b>19</b> or Cinnamon Roll Fresh Fruit Choice 100% Fruit Juice 4 oz.	Mini French Toast <b>20</b> or Cereal Variety 2 oz. Fresh Fruit Choice 100% Fruit Juice 4 oz.



Student meals are served at no cost.  
 Staff Breakfast: \$3.25  
 Visitor Breakfast: \$3.50

To make a reimbursable meal, students must select at least 3 different food items. (At least one item must be a fruit.) Students may select as many fruits and vegetables as offered, but multiple servings of the same will be charged at a la carte pricing. A choice of white and flavored 1 % milk will be offered daily. A 2 oz. cereal may be offered as another grain option. Due to supply chain issues, menu items are subject to change.

**This institution is an equal opportunity provider.**