

# Hope Elementary School Menu

# October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Crispy Chicken Sandwich Fruit/Veggies/Milk  B: Cereal	Spaghetti with Meat Sauce Fruit/Veggies/Milk  B: Blueberry Muffins	Grilled Cheese w/Chips Fruit/Veggies/Milk  B: Yogurt Parfait	Chicken Noodle Soup w/ Breadstick Fruit/Veggies/Milk  B: Fruit Salad w/Yogurt	Cheese Pizza Fruit/Veggies/Milk  B: Cereal Bars w/Cheese Stick
10	11	12	13	14
NO SCHOOL Indigenous Peoples' Day	Chicken Nuggets w/Corn & Potato Wedges  B: Yogurt Parfait	Macaroni & Cheese Fruit/Veggies/Milk  B: Fruit Salad w/Yogurt	Waffle Sticks, Scrambled Eggs & Sausage Fruit/Veggies/Milk  B: Nutri Grain Bars	Pepperoni Pizza Fruit/Veggies/Milk  B: Cereal
17	18	19	20	21
Hot Dogs w/Potato Wedges Fruit/Veggies/Milk  B: Cereal Bars w/Cheese Stick	Chicken & Broccoli with Noodles Fruit/Veggies/Milk  B: Muffins	Ham & Cheese Stromboli Fruit/Veggies/Milk  B: Fruit Salad w/Yogurt	Meatloaf w/Green Beans Fruit/Veggies/Milk  B: Yogurt Parfait	Cheese Pizza Fruit/Veggies/Milk  B: Cereal
24	25	26	27	28
Cheese Raviolis w/Garden Salad  B: Blueberry Muffins	Spaghetti w/Meat Sauce Fruit/Veggies/Milk  B: Cereal	Chicken Quesadillas Fruit/Veggies/Milk  B: Yogurt Parfait	Pepperoni & Cheese Calzones Fruit/Veggies/Milk  B: Blueberry Muffins	Pepperoni Pizza Fruit/Veggies/Milk  B: Nutri Grain Bars
31	1	2	3	4
Cheeseburgers w/Chips Fruit/Veggies/Milk B: Cereal Bars				

**Student meals are free.**

Milk without a meal is \$.40

Adult meal: \$4

Breakfast includes protein, fruit, whole grain, and milk.

Lunch options include a choice of salad, bagel, or sandwich/entrée of the day.  
Fruit, a whole grain item, veggie slices and milk are offered with all meals.

Menu is subject to change.

HES is an equal opportunity provider.

Payments should be made payable to:  
Hope Elementary School

<https://k12paymentcenter.com>