



September 2025 HFCSD Intermediate School Menu



REMINDER: ALL STUDENTS RECEIVE FREE BREAKFAST AND LUNCH

BREAKFAST

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
Breakfast Pizza	Breakfast Sandwich	Yogurt	French Toast Sticks & Sausage	Cinni Mini
Cereal	Poptarts w/g	Cereal	Cereal	Cereal
Poptarts	WG Toast with Jelly	WG Toast with Jelly	Juice	Graham Cracker
WG Toast with Jelly	Graham Crackers	Graham Crackers	WG Toast with Jelly	Fresh Fruit
Graham Crackers	Juice	Blueberry Muffins	Graham Crackers	
Fruit		Fruit		

LUNCH MENU

September 1st	September 2nd	September 3rd	September 4th	September 5th
			PEPPERONI PIZZA/BIANCA	SPAG WITH MEATBALLS
			Pasta Salad	Corn
			Fruit Choice	Fruit Choice
			Milk	Jello
				Milk
September 8th	September 9th	September 10th	September 11th	September 12th
Hot Dogs	PANCAKES/SAUG	Pretzel	CHEESE PIZZA STICKS	Mozzerella Sticks
Potato Smiles	Hashbrown	Yogurt	Spag Sauce	Sauce
Fruit Choice	Broccoli Florets	Cheese Stick	Peas and Carrots	Tossed Salad
California Blend	Fruit Choice	Green Beans	Fruit Choice	Fruit Choice
Milk	Milk	Fruit Choice Milk	Milk	Milk
September 15th	September 16th	September 17th	September 18th	September 19th
MAC and CHEESE	CHICKEN TENDERS	GRILLED CHEESE	VEGGIE PIZZA	Pasta Meatballs / ww roll
Green Beans	Rice	Tomato Soup	Pasta Salad	Tossed Salad
Fruit Choice	Broccoli	Garden Peas	Fruit Choice	Peaches
Milk	Fruit Choice	Fruit Choice	Cookie	Choc Pudding
	Milk	Milk	Milk	Milk
September 22nd	September 23rd	September 24th	September 25th	September 26th
Cheese Burgers	NACHO BOWL	Popcorn Chicken	CHEESE PIZZA	CHICKEN BURGER
Tots	Rice	Corn	Garden Salad	French Fries
Broccoli	Carrot	Mshd Potatoes &Gravy	Fruit Choice	Fruit Choice
Fruit Choice	Fruit Choice	Fruit Choice	Pudding	Mixed Veg
Milk	Milk	Cookie Milk	Milk	Milk
September 29th	September 30th			
GRILLED HAM & CHEESE	Spirals Meatsauce / ww roll			
Tatar Tots	Tossed Salad			
Sweet Potato	Peaches			
Fruit Choice	Choc Pudding			
Milk	Milk			

Daily Lunch Offerings: Cheese Sticks,PB&J,Salads,Subs,Wraps,Chicken Patty,Burgers

Souper Wednesdays:	Week 1: Beef Vegetable	Week 2: Minestrone	Week 3: Chicken Noodle Soup	Week 4: Tomato Soup
--------------------	------------------------	--------------------	-----------------------------	---------------------

Menu Subject to Change

Reminder: All Students Receive Free Breakfast and Lunch