



September 2025 HFCSD Middle School Menu



REMINDER: ALL STUDENTS RECEIVE FREE BREAKFAST AND LUNCH

BREAKFAST

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Donuts	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Donuts	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Muffins	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Donuts	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Muffins

LUNCH MENU

September 1st	September 2nd	September 3rd	September 4th	September 5th
			PEPPERONI PIZZA/BIANCA Tossed Salad Fruit Choice Milk	SPAG WITH MEATSAUCE Corn Fruit Choice Jello Milk
September 8th	September 9th	September 10th	September 11th	September 12th
Hot Dogs Potato Smiles Fruit Choice California Blend Milk	PANCAKES/SAUG Hashbrown Californira Blend Veg Fruit Choice Milk	ROTINI/MEATBALLS w/ SPAGHETTI SAUCE Garlic Bread Green Beans Fruit Choice Milk	CHEESE PIZZA STICKS Spag Sauce Peas and Carrots Fruit Choice Milk	Mozzerella Sticks Sauce Tossed Salad Fruit Choice Milk
September 15th	September 16th	September 17th	September 18th	September 19th
MAC and CHEESE Green Beans Fruit Choice Milk	CHICKEN TENDERS Rice Broccoli Fruit Choice Milk	GRILLED CHEESE Tomato Soup Garden Peas Fruit Choice Milk	VEGGIE PIZZA Pasta Salad Fruit Choice Cookie Milk	Pasta Meatballs / ww roll Tossed Salad Peaches Choc Pudding Milk
September 22nd	September 23rd	September 24th	September 25th	September 26th
Cheese Burgers Tots Broccoli Fruit Choice Milk	Sweet and Sour Chicken Rice/Egg roll Mixed Veg Red and Green Grapes Milk	Sliced Turkey Dressing/Green Beans Mshd Potatoes &Gravy Fruit Choice Cookie Milk	CHEESE PIZZA Garden Salad Fruit Choice Pudding Milk	CHICKEN BURGER French Fries Fruit Choice Mixed Veg Milk
September 29th	September 30th			
GRILLED Ham & CHEESE Tatar Tots Tomato Soup Fruit Choice Milk	Spirals Meatsauce / ww roll Tossed Salad Peaches Choc Pudding Milk			

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

Souper Wednesdays:	Week 1: Beef Vegetable	Week 2: Minestrone	Week 3: Chicken Noodle Soup	Week 4: Tomato Soup
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Menu Subject to Change

Reminder: All Students Receive Free Breakfast and Lunch