



October 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

		October 1st	October 2nd	October 3rd
		Chicken Patty on a Bun	3 Cheese PIZZA	Hot Dog on a bun
		Tomato soup	Broccoli Florets	Tossed Salad
		Fresh Baby Carrots	Apple Sauce Cups	Potato Tots
		Fresh Banana	Pasta Salad w/veggies	Cantalope
		Milk	Milk	Milk
October 6th	October 7th	October 8th	October 9th	October 10th
BBQ Chicken	Cheese Burger on ww roll	Taco Bowl	Buffalo Chicken PIZZA	Turkey Provolone Pretzel
Baked Beans	Sweet Potato Fries	Garden Peas	Tossed Salad	Potato Nuggets
Carrots	Broccoli Florets	Spanish Rice	Fresh Banana	Corn
Fresh Melon	Fresh Orange	Fresh Banana	Fresh Baby Carrots	Mixed Grape Cups
Milk	Milk	Milk	Milk	Milk
October 13th	October 14th	October 15th	October 16th	October 17th
COLUMBUS DAY NO SCHOOL 	Pancakes Sausage	Chicken Bowls	Pepperoni Pizza	Corn Dogs
	Hash Browns	Mashed, Stuffing	Pasta Salad	Pasta Salad, Bk Chips
	Carrot Sticks	Corn	Peaches	Veggies & Dip
	Apple Sauce	Fresh Banana	Cookie	Fruit Cup Fresh
	Milk	Milk	Milk	Milk, Brownies
October 20th	October 21st	October 22nd	October 23rd	October 24th
Popcorn Chicken	Spag w/ Meatsauce	Bacon Cheese Burger	Meatball Pizza	Pretzel, Yogurt
Mashed potato/ gravy	W/G Garlic Bread	Potato nuggets	Cole Slaw	String Cheese
Corn	Mixed garden veg	Broccoli	California Blend	Fresh Berry cup
Fresh Apple	Fresh Banana	Fresh Pears	Fresh Orange	Pudding
Milk	Milk	Milk	Milk	Milk
October 27th	October 28th	October 29th	October 30th	October 31st
Buffalo Chix Mac&Cheese	Hot dog with meatsauce	Nacho Bowl	BBQ Chicken Pizzza	Chicken Nuggets
Fresh Carrots w/ Ranch	Tots	Rice Pilaf	Tossed Salad	Sweet & Sour Sauce
Fresh Fruit Cup	Fresh Fruit Cup	Steamed Veggies	Fruit Choice	Mshd Potatoes &Gravy
WG Roll and Marg.	Brownie	Fresh Orange	Pudding	Garden Salad
Milk	Milk	Milk	Milk	Fresh Apple Milk
				Holiday Dessert

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	Week 4: Tomato Soup
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Menu Subject to Change

Reminder: All Students Receive Free Breakfast and Lunch