



## October 2025 HFCSD High 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, Asst Muffins	French Toast Sticks & Sausage	Assorted Donuts
Cereal	Cereal	Cereal	Cereal	Cereal
Poptarts	Poptarts	Poptarts	Poptarts	Poptarts
Bagels w/CC	Bagels w/CC	Bagels w/CC	Bagels w/CC	Bagels w/CC
Cini Mini, Brkf Bento Boxes	Cini Mini, Brkf Bento Boxes	Cini Mini, Brkf Bento Boxes	Cini Mini, Brkf Bento Boxes	Cini Mini, Brkf Bento Boxes
Fruit, Juice	Fruit, Juice	Fruit, Juice	Fruit, Juice	Fruit, Juice

### LUNCH MENU

		October 1st	October 2nd	October 3rd
		Corn Dogs/Tots	3 Cheese PIZZA	Baked Ziti w/meatballs
		Tomato soup	Broccoli Florets	Tossed Salad
		Fresh Baby Carrots	Apple Sauce Cups	Bread sticks
		Fresh Banana	Pasta Salad w/veggies	Cantalope
		Milk	Milk	Milk
October 6th	October 7th	October 8th	October 9th	October 10th
BBQ Chicken	Chicken Burrito	Taco Bowl	Buffalo Chicken PIZZA	Burgers, Dogs, Chicken sand
Baked Beans	Baked Tots	Garden Peas	Tossed Salad	Pasta Salad, Bk Chips
Carrots	Broccoli Florets	Spanish Rice	Fresh Banana	Veggies & Dip
Fresh Melon	Fresh Orange	Fresh Banana	Fresh Baby Carrots	Fruit Cup Fresh, Watermelon
Milk	Milk	Milk	Milk	Milk, Brownies, Cookies
October 13th	October 14th	October 15th	October 16th	October 17th
COLUMBUS DAY NO SCHOOL 	Chicken Alfredo w/ Garlic toast	Chicken Bowls	Pepperoni Pizza	Turkey Provolone Pretzel
	Broccoli	Mashed, Stuffing	Pasta Salad	Potato Nuggets
	Fresh Apple	Corn	Peaches	Corn
	Pudding Milk	Fresh Banana	Cookie	Mixed Grape Cups
		Milk	Milk	Milk
October 20th	October 21st	October 22nd	October 23rd	October 24th
Popcorn Chicken	Spag w/ Meatsauce	Bacon Cheese Burger	Meatball Pizza	Turkey Reuben w/g roll
Mashed potato/ gravy	W/G Garlic Bread	Potato nuggets	Cole Slaw	Sweet Potato Fries
Corn	Mixed garden veg	Broccoli	California Blend	Apple Sauce
Fresh Apple	Fresh Banana	Fresh Pears	Fresh Orange	Milk
Milk	Milk	Milk	Milk	
October 27th	October 28th	October 29th	October 30th	October 31st
Buffalo Chix Mac&Cheese	Hot dog with meatsauce	Beef Quesadilla	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: Chicken Burgers, Cheese Burgers, Pizza, Asst Salads Grab and Go, Assorted Deli Sandwiches, Bento Boxes

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\*

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