October Breakfast

Fall Break 1	Monday		Monday	Tuesday	Wednesday	Thursday	Notes
Cereal Muffin Sausage Pancake To-Go Breakfast Pizza String Cheese Fruit bar & Juice Fruit & Juice Bar Milk Milk Defroit & Juice Bar Milk Milk Defroit & Juice Bar Month Bacon & Eggs French Toast w/ Syrup or Cereal Fruit bar & Juice Fruit & Juice Bar Fruit bar & Juice Fruit & Juice Bar Milk Fruit bar & Juice Milk Fruit bar & Juice Milk Milk Defroit bar & Juice Milk Fruit bar & Juice Milk Milk Fruit bar & Juice Milk Milk Fruit bar & Juice Milk Milk Milk Any question Any question please call or e Chef Mayo a (928)692-0013			5		6	7	10/4-10/7 no School
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Two Sheed							209 Email: amayo@hesd.net
amayo@nesd.		_			 		amayo@neso.net

There will be two types of milk offered.

Breakfast: Skim and 1% White

Funch: 1% White and Fat Free Chocolate

"This institution is an equal opportunity provider."

•Menu is subject to change as neede

HESD #3 SY 21/22

October Lunch

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Monday	Tuesday	Wednesday	Thursday	Notes
	Fall	Break		No School 10/4-10
Chicken Nuggets Seasoned Broccoli Fruit & Vegetable Bar Milk	12 Quesadilla Pinto Beans Fruit & Vegetable Bar Milk	13 Bacon Cheese Burger French Fries Fruit & Vegetable Bar Milk	14 Baked Pasta Seasoned Green Beans Fruit & Vegetable Bar Milk	Any questions,
Mustang Bowl im & Moshed Potatoes Fruit & Vegetable Bar Milk	Beef Tacos Finto Beans Fruit & Vegetable Bar Milk	Cheese Burger French Fries Fruit 8, Vegetable Bar Milk	Pizza Steamed Brozcoli Fruit & Vegetable Bar Milik	Chef Mayo at (928)692-0013 Ex 209 Email: amayo@hesd.ne
Orange Chicken Brown Rice Broccoli Florets Milk	26 Nachos Refried Beans Fruit & vegetable Bar Milk	27 Salisbury Steak Mashed Potatoes Brown Gravy Fruit & Vegetable Bar Milk	28 Worms, Ogre Eyes & Vampire Sauce Troll Toes Fruits and Vegetables from the Cometery Ghost Slime	Spaghetti & Meatl Green Beans Milk
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There will be two types of milk offered. Breakfast: Skim and 1% White Lunch: 1% White and Fat Free Chocolate

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