

October Breakfast

Monday	Tuesday	Wednesday	Thursday	Notes
4	5	6	7	10/4-10/7 no School
Fall Break				
11	12	13	14	
Cereal String Cheese Fruit & Juice Bar Milk	Muffin Fruit bar & Juice Milk	Sausage Pancake To-Go Fruit & Juice Bar Milk	Breakfast Pizza Fruit bar & Juice Milk	
18	19	20	21	Chef's Quote of the Month Enjoy and appreciate the food made for you; for someday you will be the one making it.
Bacon & Eggs Toast Fruit & Juice Bar Milk	French Toast w/ Syrup or Cereal *Syrup Fruit bar & Juice Milk	Sausage Biscuit Fruit bar & Juice Milk	Cereal String Cheese Fruit bar & Juice Milk	
25	26	27	28	
Biscuits & Gravy Fruit & Juice Bar Milk	Cereal String Cheese Fruit bar & Juice Milk	Yogurt & Granola Fruit & Juice Bar Milk	Pancakes & Syrup Fruit bar & Juice Milk	
				Any questions, please call or email Chef Mayo at (928)692-0013 Ext. 209 Email: amayo@hesd.net

There will be two types of milk offered.
Breakfast: Skim and 1% White
Lunch: 1% White and Fat Free Chocolate

"This institution is an equal opportunity provider."

*Menu is subject to change as needed

HESD #3 SY 21/22

October Lunch

Monday	Tuesday	Wednesday	Thursday	Notes
8	9	10	11	No School 10/4-10/7
Fall Break				
11	12	13	14	
Chicken Nuggets Seasoned Broccoli Fruit & Vegetable Bar Milk	Quesadilla Pinto Beans Fruit & Vegetable Bar Milk	Bacon Cheese Burger French Fries Fruit & Vegetable Bar Milk	Baked Pasta Seasoned Green Beans Fruit & Vegetable Bar Milk	
18	19	20	21	Any questions, please call or email Chef Mayo at (928)692-0013 Ext. 209 Email: amayo@hesd.net
Mustang Bowl Corn & Mashed Potatoes Fruit & Vegetable Bar Milk	Beef Tacos Pinto Beans Fruit & Vegetable Bar Milk	Cheese Burger French Fries Fruit & Vegetable Bar Milk	Pizza Steamed Broccoli Fruit & Vegetable Bar Milk	
25	26	27	28	28
Orange Chicken Brown Rice Broccoli Florets Milk	Nachos Refried Beans Fruit & vegetable Bar Milk	Salisbury Steak Mashed Potatoes Brown Gravy Fruit & Vegetable Bar Milk	Worms, Ogre Eyes & Vampire Sauce Troll Toes Fruits and Vegetables from the Cemetery Ghost Slime	Spaghetti & Meatballs Green Beans Milk
		BOO!!!		

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