

MAY

HCISD Elementary Lunch Menu

<p>1 Jumbo Chicken Poppers</p> <p>Club Sandwich or Chef Salad Whole Wheat Roll Steamed Broccoli Mashed Potatoes Garden Salad</p>	<p>2 Cheeseburger Mac!</p> <p>Club Sandwich, Yummy Yogurt Plate! or Chef Salad Whole Wheat Crackers Green Beans Garden Salad Carrot Sticks</p>	<p>3 Macho Nacho</p> <p>Club Sandwich or Chef Salad Refried Beans Fiesta Salad Carrot Sticks Pico de Gallo</p>	<p>4 Pepperoni or Cheese Pizza</p> <p>Club Sandwich, Yummy Yogurt Plate! or Chef Salad Golden Corn Garden Salad Carrot Sticks</p>	<p>5 Cheeseburger or Hamburger</p> <p>Club Sandwich or Chef Salad Burger Salad Tater Tots Mixed Vegetables Goldfish Graham</p>
<p>8 Crispy Chicken Burger</p> <p>Club Sandwich or Chef Salad Burger Salad Tater Tots California Vegetables Chocolate Elf Graham</p>	<p>9 Corndog</p> <p>Club Sandwich, Yummy Yogurt Plate or Chef Salad Chili Beans Carrot Sticks w/Ranch Mixed Vegetables</p>	<p>10 Turkey & Cheese Deli Sandwich</p> <p>Club Sandwich, or Chef Salad Fruitable Juice! Carrot Sticks Burger Salad Baked Chips!</p>	<p>11 Beef and Bean Burrito</p> <p>Club Sandwich, Yummy Yogurt Plate or Chef Salad Spanish Rice Fiesta Salad Golden Corn</p>	<p>12 Pizza Slice</p> <p>Club Sandwich or Chef Salad Green Beans Carrot Sticks w/Ranch Garden Salad</p>
<p>15 Chicken Tenders</p> <p>Club Sandwich, or Chef Salad Whole Wheat Roll Macaroni & Cheese Steamed Broccoli Garden Salad</p>	<p>16 Hot Dog</p> <p>Club Sandwich, Yummy Yogurt Plate or Chef Salad Tater Tots Carrot Sticks w/Ranch Garden Salad Sidekicks Frozen Fruitcup!</p>	<p>17 Crispy Tacos</p> <p>Club Sandwich, or Chef Salad Spanish Rice Pinto Beans Fiesta Salad Pico de Gallo Under the Sea Jello</p>	<p>18 Spaghetti and Meatballs</p> <p>Club Sandwich, Yummy Yogurt Plate or Chef Salad Whole Wheat Roll Golden Corn Carrot Sticks w/Ranch Garden Salad</p>	<p>19 Chicken Fried Steak!</p> <p>Club Sandwich, or Chef Salad Texas Toast! Mashed Potatoes Mixed Vegetables Garden Salad</p>
<p>22 Jumbo Chicken Poppers</p> <p>Club Sandwich or Chef Salad Whole Wheat Roll Steamed Broccoli Mashed Potatoes Garden Salad</p>	<p>23 Cheeseburger Mac</p> <p>Club Sandwich, Yummy Yogurt Plate or Chef Salad Whole Wheat Crackers Green Beans Garden Salad Carrot Sticks</p>	<p>24 Macho Nacho</p> <p>Club Sandwich or Chef Salad Refried Beans Fiesta Salad Carrot Sticks Pico de Gallo</p>	<p>25 Pepperoni or Cheese Pizza</p> <p>Club Sandwich, Yummy Yogurt Plate or Chef Salad Golden Corn Garden Salad Carrot Sticks</p>	<p>26 Cheeseburger or Hamburger</p> <p>Club Sandwich or Chef Salad Burger Salad Tater Tots Mixed Vegetables Goldfish Graham</p>
<p>29 Macaroni and Cheese!</p> <p>Club Sandwich or Chef Salad Texas Toast! Steamed Broccoli Carrot Sticks Garden Salad</p>	<p>30 Corndog</p> <p>Club Sandwich, Yummy Yogurt Plate or Chef Salad Chili Beans Carrot Sticks w/Ranch Mixed Vegetables</p>	<p>31 Beef and Bean Burrito</p> <p>Club Sandwich, Yummy Yogurt Plate or Chef Salad Spanish Rice Fiesta Salad Golden Corn</p>	<p>1 Pizza Slice</p> <p>Club Sandwich or Chef Salad Green Beans Carrot Sticks w/Ranch Garden Salad</p>	<p>2 Crispy Chicken Burger</p> <p>Fruitable Juice Snack Cracker Fresh Fruit Early Release!</p>

! New Menu Item

⦿ Contains Pork

Offered Daily

Menu Subject to Change

🍅 Fresh Vegetables

🍎 Assorted Fresh Fruit

🥛 1% Lowfat Milk

🥛 Fat-Free Unflavored Milk

🥛 Fat - Free Flavored Milk

🥛 Lactose Free Milk Upon Request

What's for Breakfast?

In addition to the entree choices, students may select fresh fruit, juice, and/or milk

Monday

Kolache
or
Breadbasket

Tuesday

Breakfast Pizza
or
Breadbasket

Wednesday

Mini Pancakes
or
Breadbasket

Thursday

Sausage Biscuit
or
Breadbasket

Friday

Breakfast Bar
or
Breadbasket

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

El Departamento de Agricultura de los Estados Unidos (por sus siglas en inglés "USDA") prohíbe la discriminación contra sus clientes, empleados y solicitantes de empleo por raza, color, origen nacional, edad, discapacidad, sexo, identidad de género, religión, represalias y, según corresponda, convicciones políticas, estado civil, estado familiar o paternal, orientación sexual, o si los ingresos de una persona provienen en su totalidad o en parte de un programa de asistencia pública, o información genética protegida de empleo o de cualquier programa o actividad realizada o financiada por el Departamento. (No todos los criterios prohibidos se aplicarán a todos los programas y/o actividades laborales). Si desea presentar una queja por discriminación del programa de Derechos Civiles, complete el USDA Program Discrimination Complaint Form (formulario de quejas por discriminación del programa del USDA), que puede encontrar en internet en http://www.ascr.usda.gov/complaint_filing_cust.html, o en cualquier oficina del USDA, o llame al (866) 632-9992 para solicitar el formulario. También puede escribir una carta con toda la información solicitada en el formulario. Envíenos su formulario de queja completo o carta por correo postal a U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, por fax al (202) 690-7442 o por correo electrónico a program.intake@usda.gov. Las personas sordas, con dificultades auditivas, o con discapacidad del habla pueden contactar al USDA por medio del Federal Relay Service (Servicio federal de transmisión) al (800) 877-8339 o (800) 845-6136 (en español). El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

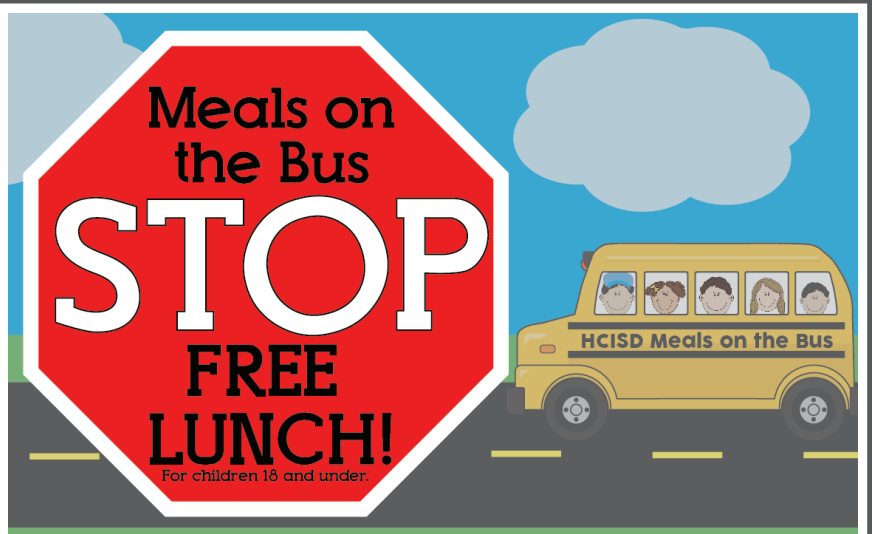
SUMMER FOOD SERVICE

FREE Breakfast and Lunch for children 18 years old or younger.



Summer Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Kolache or Breadbasket	Breakfast Breakfast Pizza or Breadbasket	Breakfast Kolache or Breadbasket	Breakfast Breakfast Pizza or Breadbasket	Breakfast Breadbasket
Lunch Chicken Burger or Sandwich Burger Salad Chili Beans Carrot Sticks Fresh Fruit Milk	Lunch Pizza or Yogurt Plate Golden Corn Garden Salad Carrot Sticks Fresh Fruit Milk	Lunch Chicken Nuggets or Sandwich Tater Tots Whole Grain Roll Garden Salad Carrot Sticks Fresh Fruit Milk	Lunch Cheeseburger or Yogurt Plate Burger Salad Carrot Sticks Fresh Fruit Milk	Lunch Pizza or Sandwich Green Beans Carrot Sticks Fresh Fruit Milk



Meet the bus for FREE MEALS!

Follow the bus on Facebook for schedules:
HCISD Meals on the Bus - Free Summer Food

PACKING A LUNCH?

Even children who prefer a lunch from home can still benefit from the district's free meals!

MILK
+
FRUIT
+
VEGGIE
=
FREE MEAL

Your child must select at least **three items** such as milk, a fresh fruit, and a veggie to accompany their meal from home at no cost!

HCISD

NUTRITION
BUILDING STRONGER BODIES AND MINDS

school.lunch@hcisd.org
427.3310