








OCTOBER

HAWTHORN SCHOOL DISTRICT MENU
MIDDLE SCHOOLS BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Breakfast Pizza Bagel 25g French Toast Stix 27g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g Fresh Apple 18g</p>	<p>4</p> <p>Bcn, Egg, & Chse Brkst Pizza 23g French Toast Stix 27g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g 100% 4 oz Orange Juice Cup 13g</p>	<p>5</p> <p>Sausage Bagelwich 16g French Toast Stix 27g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g Fruit Cup</p>	<p>6</p> <p>Sausage & Grvy Brkfst Pizza 25g French Toast Stix 27g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g 100% 4 oz Apple Juice 13g</p>	<p>7</p> <p>Scrambled Eggs w/Cheese 3g French Toast Stix 27g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g Fruit Cup</p>
<p>10</p> <p>No School</p> 	<p>11</p> <p>Bcn Egg, & Chse Brkfst Pizza 23g Waffle Stix 28g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g 100% 4 oz Orange Juice Cup 13g</p>	<p>12</p> <p>Cinnamon Texas Toast 47g Waffle Stix 28g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g Fruit Cup</p>	<p>13</p> <p>Sausage & Grvy Brkfst Pizza 25g Waffle Stix 28g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g Fruit Cup</p>	<p>14</p> <p>Breakfast Pizza Bagel 25g Waffle Stix 28g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g 100% 4oz Apple Juice</p>
<p>17</p> <p>Mini Pancakes 30g Sunrise Breakfast Burrito 17g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g 100% 4 oz Apple Juice 13g</p>	<p>18</p> <p>Bcn Egg & Chse Brkfst Pizza 23g Sunrise Breakfast Burrito 17g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g 100% 4 oz Orange Juice Cup 13g</p>	<p>19</p> <p>Apple Filled Bosco 28g Sunrise Breakfast Burrito 17g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g Fruit Cup</p>	<p>20</p> <p>Sausage & Grvy Brkfst Pizza 25g Sunrise Breakfast Burrito 17g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g 100% 4 oz Apple Juice 13g</p>	<p>21</p> <p>Cinnamon Texas Toast 47g Sunrise Breakfast Burrito 17g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g Fruit Cup</p>
<p>24</p> <p>Mini Pancake Wraps 18g Sausage & Cheese Bagelwich 17g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g Fruit Cup Milk Choice</p>	<p>25</p> <p>Bcn Egg & Chse Brkfst Pizza 23g Sausage & Cheese Bagelwich 17g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g 100% 4 oz Orange Juice Cup 13g</p>	<p>26</p> <p>Sunrise Breakfast Burrito 17g Sausage & Cheese Bagelwich 17g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g Fruit Cup</p>	<p>27</p> <p>Sausage & Grvy Brkfst Pizza 25g Sausage & Cheese Bagelwich 17g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g 100% 4 oz Apple Juice 13g</p>	<p>28</p> <p>Colby Cheese Omelet 2g Sausage & Cheese Bagelwich 17g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g Fruit Cup</p>
<p>31</p> <p>French Toast Stix 27g Mini Pancakes 30g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g Fresh Apple 18g</p>				
<p>REMEMBER TO SIGN UP FOR YOUR FREE AND REDUCED STUDENT MEALS</p>	<p>Student Breakfast \$1.20 Reduced Breakfast \$0.30 Milk \$0.40</p>	<p>Juice Cup \$0.60 Bottled Water \$1.00</p> <p>Entrees in Bold may contain Pork #g = carbs</p>	<p>Lunch Fruit and Veggie Bar Available Daily</p> <p>Milk Available for Breakfast and Lunch</p>	

OCTOBER

**HAWTHORN SCHOOL DISTRICT MENU
MIDDLE SCHOOLS LUNCH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Pasta Bar Choices ChixNuggets, Breadstick 29g or Chopped Italn Sld 10g w/ Brdstk 28g Garden Salad 10g w/Breadstick 28g Trky Ham and Chse Bagelwich 50g Milk Choice</p>	<p>4</p> <p>Fiesta Bar Choices Chicken Empanada 66g Asian Chix Salad 23g w/Roll 19g Garden Salad 10g w/Breadstick 28g Soybutter & Jelly on Wheat 57g Milk Choice</p>	<p>5</p> <p>Sweet & Sour Chicken, Rice 63g Grilled Panini Sandwich 31g Chef Salad 9g w/ Breadstick 28g or Garden Salad 10g w/Breadstick 28g Veggie and Cheese Wrap 42g or Milk Choice</p>	<p>6</p> <p>Pasta Bar Choices Italian Dunkers 68g or Chix Caesar Salad 20g w/Roll 19g Garden Salad 10g w/Breadstick 28g Super Turkey Club 50g Milk Choice</p>	<p>7</p> <p>Calzone 62.2g or Chefs' Choice BBQ Chix Salad 33g w/Roll 19g or Garden Salad 10g w/Brdstk 28g Three Cheese Sub 38g Milk Choice</p>
<p>10</p> <p>No School</p> 	<p>11</p> <p>Fiesta Bar Choices Tostados Asian Chix Salad 23g w/Roll 19g Garden Salad 10g w/Breadstick 28g Soybutter & Jelly on Wheat 57g Milk Choice</p>	<p>12</p> <p>Orange Chicken over Rice 53g Grilled Panini Sandwich 63g Chef Salad 9g w/ Breadstick 28g or Garden Salad 10g w/Breadstick 28g Veggie and Cheese Wrap 42g or Milk Choice</p>	<p>13</p> <p>Pasta Bar Choices Cheese Ravioli w/Breadstick 28g Chix Caesar Salad 20g w/Roll 19g Garden Salad 10g w/Breadstick 28g Super Turkey Club 50g Milk Choice</p>	<p>14</p> <p>Individual Pizza 62.2g or Chefs' Choice BBQ Chix Salad 33g w/Roll 19g or Garden Salad 10g w/Brdstk 28g Three Cheese Sub 38g Milk Choice</p>
<p>17</p> <p>Pasta Bar Choices Grilled Cheese w Tomato Soup 54g Chopped Italn Sld 10g w/ Brdstk 28g Garden Salad 10g w/Breadstick 28g Trky Ham and Chse Bagelwich 50g Milk Choice</p>	<p>18</p> <p>Fiesta Bar Choices Deluxe Chicken Tacos 46g Asian Chicken Salad 23g w/Roll 19g Garden Salad 10g w/Breadstick 28g Soybutter & Jelly on Wheat 57g Milk Choice</p>	<p>19</p> <p>Vegetarian Egg Roll 23g w/Veg. Fried Rice 31g Soft Wheat Pretzel 14g Grilled Panini Sandwich 44g Chef Salad 9g w/ Breadstick 28g or Garden Salad 10g w/Breadstick 28g Veggie and Cheese Wrap 42g or Milk Choice</p>	<p>20</p> <p>Pasta Bar Choices Pasta Primavera 50g w/Brdstk 28g Chix Caesar Salad 20g w/Roll 19g Garden Salad 10g w/Breadstick 28g Super Turkey Club 50g Milk Choice</p>	<p>21</p> <p>Cheesy Brdstks w/Sauce 62.2g or Chefs' Choice BBQ ChixSalad 33g w/Roll 19g or Garden Salad 10g w/Brdstk 28g Three Cheese Sub 38g Milk Choice</p>
<p>24</p> <p>Pasta Bar Choices Chicken Stix 9g w/Breadstick 28g Chopped Italn Sld 10g w/ Brdstk 28g Garden Salad 10g w/Brdstk 28g Trky Ham and Chse Bagelwich 50g Milk Choice</p>	<p>25</p> <p>Fiesta Bar Choices Beef Enchiladas 38g Chix Caesar 23g w/ Croutons 19g Garden Salad 10g w/Breadstick 28g Soybutter & Jelly on Wheat 57g Milk Choice</p>	<p>26</p> <p>Orange Chicken, Rice 53g Sloppy Joe 30gw/ Tater Tots 17g Chef Salad 9g w/ Breadstick 28g or Garden Salad 10g w/Brdstk 28g Veggie and Cheese Wrap 42g or Milk Choice</p>	<p>27</p> <p>Pasta Bar Choices Pesto Baked Mostaccoli 53g w/ Green Beans 1 5g Asian Chix Salad 23g w/ Roll1 9g Garden Salad 10g w/Breadstick 28g Three Cheese Sub 38g Milk Choice</p>	<p>28</p> <p>Individual Pizza 62.2g or Chefs' Choice BBQ Chix Salad 33g w/Roll 19g or Three Cheese Sub 38g Garden Salad 10g w/Brdstk 28g Three Cheese Sub 38g Milk Choice</p>
<p>31</p> <p>Pasta Bar Choices Chix Tender Wrp w/ Lett & Tom 54g Chopped Italn Sld 10g w/ Brdstk 28g Garden Salad 10g w/Brdstk 28g Trky Ham and Chse Bagelwich 50g Milk Choice</p>				
<p>REMEMBER TO SIGN UP FOR YOUR FREE AND REDUCED STUDENT MEALS</p>	<p>Student Lunch \$2.50 Reduced Lunch \$0.40 Milk \$0.40</p>	<p>Juice Cup \$0.60 Bottled Water \$1.00</p>	<p>SERVED DAILY Fresh Fruit Salad Bar Choices 1% Milk, Skim Milk Fat Free Chocolate Milk</p>	<p>SERVED DAILY Home Made Pizza, Pepp or Chse Chicken Patty on Bun Cheeseburger Hamburger Baked Fries</p>