

**BREAKFAST**

**Hesston USD 460**

**K - 8  
October  
2020**

The USDA is an equal opportunity provider & employer

**HHS Bkfst: cereal, pastries, yogurt, fruit, juice, milk**

Menus are subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> English muffin Scram egg / cheese sandwich Or Cereal Cereal bar Fruit Juice milk	<b>2</b> Biscuit & gravy Or Cereal Yogurt Fruit Juice Milk
<b>5</b> Sausage pizza Or Cereal Cereal bar Fruit Juice Milk	<b>6</b> Pancake on stick Or Cereal Yogurt Fruit Juice Milk	<b>7</b> Donuts/choc filled crescent Or Cereal Muffin Fruit Juice Milk	<b>8</b> Sausage/egg /Cheese rollup Or Cereal Yogurt Fruit Juice Milk	<b>9</b> Biscuit & gravy Or Cereal Cereal bar Fruit Juice Milk
<b>12</b> Mini pancakes / Waffles Or Cereal Yogurt Fruit Juice Milk	<b>13</b> English muffin Sausage/cheese Sandwich Or Cereal Cereal bar Fruit Juice Milk	<b>14</b> Donuts/choc filled crescent Or Cereal Muffin Fruit Juice Milk	<b>15</b> English muffin Scram egg / cheese sandwich Or Cereal Cereal bar Fruit Juice milk	<b>16</b> Biscuit & gravy Or Cereal Cereal bar Fruit Juice Milk
<b>19</b> Sausage pizza Or Cereal Cereal bar Fruit Juice Milk	<b>20</b> Pancake on stick Or Cereal Yogurt Fruit Juice Milk	<b>21</b> Donuts/choc filled crescent Or Cereal Muffin Fruit Juice Milk	<b>22</b> Sausage/egg /Cheese rollup Or Cereal Yogurt Fruit Juice Milk	<b>23</b> Biscuit & gravy Or Cereal Cereal bar Fruit Juice Milk
<b>26</b> Mini pancakes / Waffles Or Cereal Yogurt Fruit Juice Milk	<b>27</b> English muffin Sausage/cheese Sandwich Or Cereal Cereal bar Fruit Juice Milk	<b>28</b> Donuts/choc filled crescent Or Cereal Muffin Fruit Juice Milk	<b>29</b> English muffin Scram egg / cheese sandwich Or Cereal Cereal bar Fruit Juice milk	<b>30</b>  <b>NO SCHOOL</b>

**K – 4**  
**October**  
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**DAILY OPTION: Cold Sack**

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Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Beef lasagna Bread stick Peas Lettuce / tomatoes Fruit Milk	<b>2</b> Calzone Lettuce /tomatoes Cucumbers/carrots Fruit Carnival cookie Milk
<b>5</b> Chicken patty M potatoes / gravy Roll Green beans Celery Fruit Milk	<b>6</b> Chicken quesadilla Chips / salsa Corn Refried beans Lettuce /tomatoes Fruit Milk	<b>7</b> Cheeseburger French fries Leaf lettuce Sliced tomato Carrots Fruit Milk	<b>8</b> Alfredo chicken Pasta Italian roll Lettuce/tomatoes Peas Fruit Milk	<b>9</b> Cheese pizza Lettuce/tomatoes Cucumbers Fruit Snickerdoodle Cookie Milk
<b>12</b> Chicken strips French fries Corn Fruit Cinnamon roll Milk	<b>13</b> Waffles Sausage links Tator tots Green beans Fruit Milk	<b>14</b> Turkey sandwich Baked beans Carrots Sun chips Fruit Milk	<b>15</b> Spaghetti Meat sauce Garlic bread stick Lettuce / tomatoes Cucumbers Fruit Milk	<b>16</b> Fiestada pizza Lettuce / tomatoes Carrots Fruit Oatmeal cc cookie Milk
<b>19</b> Orange chicken Rice Stir fry veg blend Carrots Fruit Milk	<b>20</b> Beef nachos Refried beans Corn Fruit Milk	<b>21</b> Corn dogs Tator tots Broccoli cheese Cucumber sticks Fruit Milk	<b>22</b> Chicken lasagna Italian roll CA blend vegetables Lettuce / tomatoes Fruit Milk	<b>23</b> Cheese pizza Lettuce/tomatoes Carrots Fruit Carnival cookie Milk
<b>26</b> Crisпитos Spanish rice Refried beans Cheese sauce Carrots Corn Fruit Milk	<b>27</b> French toast sticks Sausage patty Southern Diced potatoes Fruit Milk	<b>28</b> Cheeseburger French fries Leaf lettuce Sliced tomatoes Broc/Caul/cheese Fruit Milk	<b>29</b> Meatballs w sauce Pasta Tuscan blend veg Lettuce / tomatoes Italian roll Fruit Milk	<b>30</b>  <b>NO SCHOOL</b>