

Diabetic Morning Snack

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|-----------------------------------|------------------------|--------------|-------------------------------|--------------------|------------|
| Unsweetened Cereal | Goldfish Crackers & String Cheese | Peanut Butter Crackers | Fresh Orange | Apple Cinnamon Nutrigrain Bar | Unsweetened Cereal | Yogurt Cup |

Menu Subject to change without notice

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|------------|-----------------------------|--------------------|---------------------------------|--|--------------------|
| Peanut Butter Crackers | Yogurt Cup | Granola Bar & String Cheese | Unsweetened Cereal | Vanilla Yogurt w/ Mixed Berries | Peanut Butter & 2 pkgs Graham Crackers | Unsweetened Cereal |

Menu Subject to change without notice

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------------------------------|-----------------|-------------|------------|--------------------|---|
| String Cheese & 2 pkgs Graham Crackers | Vanilla Yogurt w/ Blueberries | Banana & PB Cup | PB Crackers | Yogurt Cup | Unsweetened Cereal | Strawberry Nutrigrain Bar & String Cheese |

Menu Subject to change without notice

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|--|--|-----------------|------------------------|------------|--------------------|
| Unsweetened Cereal | String Cheese & 2 pkgs Graham Crackers | Peanut Butter & 2 pkgs Graham Crackers | Banana & PB Cup | Peanut Butter Crackers | Yogurt Cup | Unsweetened Cereal |

Menu Subject to change without notice

MORNING SNACK

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|-----------------------------------|------------------------|--------------|-------------------------------|----------------|------------|
| Cinnamon Toast Crunch Cereal | Goldfish Crackers & String Cheese | Peanut Butter Crackers | Fresh Orange | Apple Cinnamon Nutrigrain Bar | Fruity Pebbles | Yogurt Cup |

Menu Subject to change without notice

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|-----------------------|-----------------------------|-------------|---------------------------------|-------------------------------------|---------------------------|
| Peanut Butter Crackers | Golden Grahams Cereal | Granola Bar & String Cheese | Life Cereal | Vanilla Yogurt w/ Mixed Berries | Peanut Butter & Elf Graham Crackers | Honey Nut Cheerios Cereal |

Menu Subject to change without notice

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|-------------------------------|---------|---------------------------------|-----------------|--------------------|---------------------------|
| String Cheese & Gripz Graham Crackers | Vanilla Yogurt w/ Blueberries | Banana | Peanut Butter Sweet & Salty Bar | Trix Cereal Bar | Cocoa Puffs Cereal | Strawberry Nutrigrain Bar |

Menu Subject to change without notice

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|--------------------|-------------------------------------|-----------|------------------------|------------|-----------------------|
| Trix Cereal | Strawberry Poptart | Peanut Butter & Elf Graham Crackers | Banana | Peanut Butter Crackers | Yogurt Cup | Reeses PB Puff Cereal |

Menu Subject to change without notice

HKM Menu Week # 1

Breakfast

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|--------------------------------|--|-------------------------|------------------------------|--------------------------------|-------------------------------|
| Sausage (2) & Cheese Biscuit Sand | Egg & Cheese on English Muffin | Whole Grain Waffles (2) w/ Maple Syrup | Breakfast Sausage Pizza | Wheat Bagel w/ Peanut Butter | Pumpkin Choc Chip Muffin (X 2) | Breakfast Taco w/ Fresh Salsa |
| Fresh Orange | Mandarin Oranges | Pineapple Chunks | Tropical Fruit | Grapes (1/2 cup) | Banana | Choc. Tiger Graham Cracker |
| Orange Juice | Apple Juice | Grape Juice | Apple Juice | Orange / Pineapple Juice | Grape Juice | Fruit Cocktail (1/2 c) |
| Milk | Milk | Milk | Milk | Milk | Milk | Orange Juice |
| | | | | | | Milk |

Lunch

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|--|
| Sweet & Sour Popcorn Chicken (white scoop popcorn chicken- 2oz swt & sour sauce) | White Chicken Chili w/ Moz Cheese w/ Cornbread Muffins (2) w/ Margarine cup (2) | Chicken w/ Shredded Cheese in 8inch torilla wrap w/ Lettuce & Tomato & Ranch Dressing | Spaghetti and Meatsauce w/ French Garlic Bread | Taco Salad (green scoop) w/ Tortilla Chips served with Lettuce Shredded Cheese & Diced Tomatoes | Beef Ravioli in Marinara Sauce (1 cup) w/ moz cheese | Sloppy Joe on Bun (green scoop) |
| Brown Rice (1/2 cup) Egg Roll | Fresh Baby Carrots (9 ea) w/ Ranch Dressing | Low Sodium Spanish Rice (green scoop) | Garden Spinach Salad w/ Italian Dressing | Tomato Salsa Refried Beans | Green Beans (1/2 cup) | Harvest Sunchips Sweet Potato Puffs (11) |
| California Vegetables (1 cup) | Apple Slices Gelatin with Juice | Carrot Coins Strawberries & Bananas | Peas | Cinnamon Puffs w/ ICING | Wheat Roll w/ Jelly Cup | Baked Beans (3/4 cup) |
| Mango & Pineapple (1 cup) | Banana | Tropical Fruit Mix | Grapes (1 cup) | Pineapple & Bananas (1/2 cup) Mangos (1/2 cup) | Orange Wedges Kiwi | Mandarin Oranges Green Grapes |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk |

Dinner

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------------------------------------|---|--------------------------------------|---|--------------------------------------|--------------------------------|
| Turkey & Cheese Sub w/ Lettuce & 2 Tomato Mayo & Mustard | Buffalo Wings (8) | Double Cheeseburger on Bun w/Fixings w/ ketchup,mustard | Chicken Tenders (4) w/ Hot Sauce | Ham & Cheese Sub w/ Lettuce & 2 Tomato Mayo & Mustard | Chicken Fajitas w/ 2 Flour Tortillas | Steak Fingers (8) w/ BBQ Sauce |
| Macaroni Salad Nacho Doritos | Baby Carrots & Celery (3ea) w/Ranch | Baked Beans | Fried Rice (1/2 cup) w/ Soy Sauce | Potato Salad Nacho Doritos | Cheesy Jalapeno Rice | Augratin Potatoes |
| Diced Peaches & Pears (1/2 cup) | Steak Cut Fries w/ Ketchup | Barbecue Lays | Egg Roll w/ Sweet & Sour Sauce | Apple Slices | Refried Beans | Fried Okra w/ Ranch |
| Rice Krispie Treat | Sugar Cookie | Orchard Fruit Salad (1/2 cup) | Pineapple Ring (3 ea) Fortune Cookie | Chocolate Chip Cookie | Chips & Salsa | Sliced Peaches |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk |

Snack

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---------------------|-------------------------------------|-------------------------------------|-------------------------|------------------|
| Strawberry Nutrigrain Bar (2each) Grape Juice | Vanilla Yogurt w/ Blueberries w/Granola Milk | Frosted Flakes Milk | Pretzels String Cheese Orange Juice | Peanut Butter & Jelly Sandwich Milk | Cocoa Puffs Cereal Milk | Trix Cereal Milk |

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HKM Menu Week # 1

Breakfast

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|--------------------------------|--|-------------------------|------------------------------|--------------------------------|-------------------------------|
| Sausage (2) & Cheese Biscuit Sand | Egg & Cheese on English Muffin | Whole Grain Waffles (2) w/ Maple Syrup | Breakfast Sausage Pizza | Wheat Bagel w/ Peanut Butter | Pumpkin Choc Chip Muffin (X 2) | Breakfast Taco w/ Fresh Salsa |
| Fresh Orange | Mandarin Oranges | Pineapple Chunks | Tropical Fruit | Grapes (1/2 cup) | Banana | Choc. Tiger Graham Cracker |
| Orange Juice | Apple Juice | Grape Juice | Apple Juice | Orange / Pineapple Juice | Grape Juice | Fruit Cocktail (1/2 c) |
| Milk | Milk | Milk | Milk | Milk | Milk | Orange Juice |
| | | | | | | Milk |

Lunch

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|--|
| Sweet & Sour Popcorn Chicken (white scoop popcorn chicken- 2oz swt & sour sauce) | White Chicken Chili w/ Moz Cheese w/ Cornbread Muffins (2) w/ Margarine cup (2) | Chicken w/ Shredded Cheese in 8inch torilla wrap w/ Lettuce & Tomato & Ranch Dressing | Spaghetti and Meatsauce w/ French Garlic Bread | Taco Salad (green scoop) w/ Tortilla Chips served with Lettuce Shredded Cheese & Diced Tomatoes | Beef Ravioli in Marinara Sauce (1 cup) w/ moz cheese | Sloppy Joe on Bun (green scoop) |
| Brown Rice (1/2 cup) Egg Roll | Fresh Baby Carrots (9 ea) w/ Ranch Dressing | Low Sodium Spanish Rice (green scoop) | Garden Spinach Salad w/ Italian Dressing | Tomato Salsa Refried Beans | Green Beans (1/2 cup) | Harvest Sunchips Sweet Potato Puffs (11) |
| California Vegetables (1 cup) | Apple Slices Gelatin with Juice | Carrot Coins Strawberries & Bananas | Peas | Cinnamon Puffs w/ ICING | Wheat Roll w/ Jelly Cup | Baked Beans (3/4 cup) |
| Mango & Pineapple (1 cup) | Banana | Tropical Fruit Mix | Grapes (1 cup) | Pineapple & Bananas (1/2 cup) Mangos (1/2 cup) | Orange Wedges Kiwi | Mandarin Oranges Green Grapes |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk |

Dinner

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|-------------------------------------|---|--------------------------------------|---|--------------------------------------|--------------------------------|
| Cheeseburger Taco Mac | Buffalo Wings (8) | Double Cheeseburger on Bun w/Fixings w/ ketchup,mustard | Chicken Tenders (4) w/ Hot Sauce | Beef Fritter on Bun w/ Lettuce & Tomato Mayo Packet | Chicken Fajitas w/ 2 Flour Tortillas | Steak Fingers (8) w/ BBQ Sauce |
| House Salad w/ Ranch | Baby Carrots & Celery (3ea) w/Ranch | Baked Beans | Fried Rice (1/2 cup) w/ Soy Sauce | Cheesy Potatoes | Cheesy Jalapeno Rice | Augratin Potatoes |
| Dinner Roll w/ Margarine | Steak Cut Fries w/ Ketchup | Barbecue Lays | Egg Roll w/ Sweet & Sour Sauce | Cauliflower w/Cheese | Refried Beans | Fried Okra w/ Ranch |
| Diced Peaches & Pears (1/2 cup) | Sugar Cookie | Orchard Fruit Salad (1/2 cup) | Pineapple Ring (3 ea) Fortune Cookie | Apple Slices w/ Caramel | Chips & Salsa | Sliced Peaches |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk |

Snack

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---------------------|-------------------------------------|-------------------------------------|-------------------------|------------------|
| Strawberry Nutrigrain Bar (2each) Grape Juice | Vanilla Yogurt w/ Blueberries w/Granola Milk | Frosted Flakes Milk | Pretzels String Cheese Orange Juice | Peanut Butter & Jelly Sandwich Milk | Cocoa Puffs Cereal Milk | Trix Cereal Milk |

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HKM Menu Week # 2 Diabetic

Breakfast

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|---|---|
| Breakfast Sausage Pizza (1 1/2 pieces) Yogurt Cup Fresh Strawberries Milk | Unsweetened Cereal Sausage Patty X 2 Rosy Applesauce Milk | Biscuit & Gravy w/ Turkey Crumbles Banana & String Cheese Milk | Kansas Granola Bar Sliced Peaches Sausage Patty Milk | Chicken Biscuit Sand (extra chicken only) Orange Wedges Milk | Pancake on a Stick X 2 SF Maple Syrup Pineapple Tidbits Milk | Unsweetened Cereal String Cheese X 2 Apricots Milk |

Lunch

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|---|
| Taco Soup w/ Tortilla Chips Fresh Broccoli w/ Ranch Dressing X 2 Sliced Pears Green Grapes SF Cookie Milk | Hamburger on Bun (extra Burger) w/ Romaine Lettuce & Tomato Sweet Potato Fries Fruit Cocktail SF Cookie Mustard/Ketchup/Relish Milk | Chicken Nugget (3 extra nuggets) Mashed Potato w/ Chicken Gravy Broccoli X 2 Whole Wheat Roll w/ SF Jelly Strawberries & Bananas Red Apple Wedges Milk | Chili w/ Cheese Celery & Cucumber w/ Ranch Dressing X 2 SF Cookie Orange Wedges Green Grapes Milk | Baked Ham X 2 Mashed Sweet Potatoes Green Beans Angel Biscuits w/ SF Jelly Kiwi Mandarin Oranges Milk | Macaroni Alfredo & Meatballs X 2 Peas X 2 Fresh Baby Carrots w/Ranch Dressing Bread w/ SF Jelly Red Apple Wedges Banana Milk | Corn Dog X 2 w/ Mustard Garden Spinach Salad w/ Ranch Fz Corn X 2 Pineapple/Mango SF Chocolate Pudding Cup Milk |

Dinner

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|---|---|
| Fish Sticks (4 extra) w/Tarter Sauce & Hot Sauce Steak Wedge Cut Fries w/ Ketchup California Vegetables X 2 SF Pudding Cup Milk | BBQ Lil' Smokies X 2 Baked Potato w/Sour Cream & Margarine Corn on the Cob SF Cookie Milk | Chicken Patty on Bun w/Lettuce, Tomato and Mayo Onion Rings w/Ketchup Winter Mix X 2 Sliced Peaches Milk | Pancakes & SF Syrup & Margarine & PB Cup Scrambled Eggs w/ Gr. Chilies & Cheese (extra scoop) Sausage Links Pineapple Chunks Milk | Chicken Quesadilla (extra scoop of meat) w/Salsa Spanish Rice Mexicali Corn X 2 Chips & Cheese Milk | Double Bacon Cheeseburger w/ Fixings ketchup,mustard Plain Lays Chips Fried Okra X 2 w/Ranch SF Pudding Cup Milk | Salisbury Steak Mashed Potato w/Brown Gravy Green Bean Casserole X 2 Bread & Margarine Tropical Fruit Mix Milk |

Snack

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|--|---|---|-----------------------------------|-------------------------------------|--|
| PB Sandwich Milk | Vanilla Yogurt Parfait w/ Fruit Milk | Green Apples w/Peanut Butter Milk | Unsweetened Cereal & String Cheese Milk | Peanut Butter Crackers Milk | Turkey & Cheese Sandwich Milk | Unsweetened Cereal & Yogurt Cup Milk |

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Menu Subject to Change Without Notice

7/14/2014

HKM Menu Week # 2

Breakfast

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------|------------------------|--|-----------------------|-----------------|---------------------------------------|--------------------|
| Breakfast Sausage Pizza | Golden Graham Cereal | Biscuit & Gravy w/ Sausage Crumbles | Banana Walnut Bread | Chicken Biscuit | Pancake on a Stick w/ Syrup Packet | Honey Nut Cheerios |
| Fresh Strawberries | Sausage Patty (2 each) | Banana | Sliced Peaches (1/2c) | Orange Wedges | Pineapple Tidbits (1/2c) | String Cheese |
| Apple Juice | Rosy Applesauce | Orange/Pineapple Juice | Apple Juice | Grape Juice | Orange Juice | Apricots (1/2 cup) |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk |

Lunch

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------|--|---|---|--|---|----------------------------------|
| Taco Soup w/ Tortilla Chips | Hamburger on Bun w/ Romaine Lettuce & Tomato | Chicken Nugget (6) Mashed Potato w/ Chicken Gravy | Chili w/ Cheese w/ Cinnamon Roll | Baked Ham Mashed Sweet Potatoes (1/2cup) | Spaghetti & Meatballs (5) | Corn Dog w/ Mustard |
| Fresh Broccoli w/ Ranch Dressing | Sweet Potato Fries | Broccoli | Celery & Cucumber (3ea) w/ Ranch Dressing | Green Beans | Peas (1/2 cup) | Garden Spinach Salad w/ Ranch |
| Sliced Pears (1/2 cup) | Fruit Cocktail (1 cup) | Whole Wheat Roll w/ Jelly | Orange Wedges | Angel Biscuit w/Jelly | Fresh Baby Carrots (6) w/ Ranch Dressing | Corn (Fz) |
| Green Grapes (1/2 cup) | Granola Bar Cocoa Krispie | Strawberries & Bananas | Green Grapes | Kiwi | Bread w/ Jelly | Pineapple/Mango |
| Snickerdoodle Cookie | Mustard/Ketchup/Relish | Apple Slices | Milk | Mandarin Oranges | Apple Slices Banana | Chocolate Pudding Cup |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk |

Dinner

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|---|--|
| Chicken Fritters on Bun w/ Lettuce & Tomato & Mayo | BBQ Lil' Smokies | Spicy Chicken Patty on Bun w/ Lettuce & Tomato & Mayo | Ham/Turkey/Cheese Sub w/ Lettuce & 2 Tomato Mayo & Mustard | Chicken Quesadilla Lettuce & Shredded Cheese w/ Salsa on top of Tortilla Chips | Double Bacon Cheeseburger w/ Lettuce & Tomato | Salisbury Steak Mashed Potato w/ Brown Gravy |
| Steak Wedge Cut Fries w/ Ketchup | Baked Potato w/ Sour Cream & Margarine | Onion Rings w/ Ketchup | Macaroni Salad | Spanish Rice | Ketchup & Mustard Plain Lays Chips | Green Bean Casserole |
| California Vegetables | Corn on the Cob | Winter Mix | Nacho Doritos | Mexicali Corn | Fried Okra w/ Ranch | Bread & Margarine |
| Raspberry Sherbet | Cinnamon Rolls w/ Frosting | Sliced Peaches | Pineapple Chunks | Milk | Chocolate Ice Cream Cup | Tropical Fruit Mix |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk |

Snack

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------------------------|----------------------------------|-------------|---------------------------|-------------------------------------|----------------|
| Chocolate Elf Grahams & String Cheese | Jiggly Red Parfait w/ Trix Topping | Apple Slices w/ Peanut Butter | Life Cereal | Peanut Butter Crackers | Turkey & Cheese Sandwich w/ MAYO | Golden Grahams |
| Milk | Milk | Milk | Milk | Grape Juice | Milk | Milk |

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Menu Subject to Change Without Notice

12/16/2021

HKM Menu Week # 2

Breakfast

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------|------------------------|--|-----------------------|-----------------|---------------------------------------|--------------------|
| Breakfast Sausage Pizza | Golden Graham Cereal | Biscuit & Gravy w/ Sausage Crumbles | Banana Walnut Bread | Chicken Biscuit | Pancake on a Stick w/ Syrup Packet | Honey Nut Cheerios |
| Fresh Strawberries | Sausage Patty (2 each) | Banana | Sliced Peaches (1/2c) | Orange Wedges | Pineapple Tidbits (1/2c) | String Cheese |
| Apple Juice | Rosy Applesauce | Orange/Pineapple Juice | Apple Juice | Grape Juice | Orange Juice | Apricots (1/2 cup) |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk |

Lunch

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------|--|---|---|--|---|----------------------------------|
| Taco Soup w/ Tortilla Chips | Hamburger on Bun w/ Romaine Lettuce & Tomato | Chicken Nugget (6) Mashed Potato w/ Chicken Gravy | Chili w/ Cheese w/ Cinnamon Roll | Baked Ham Mashed Sweet Potatoes (1/2cup) | Spaghetti & Meatballs (5) | Corn Dog w/ Mustard |
| Fresh Broccoli w/ Ranch Dressing | Sweet Potato Fries | Broccoli | Celery & Cucumber (3ea) w/ Ranch Dressing | Green Beans | Peas (1/2 cup) | Garden Spinach Salad w/ Ranch |
| Sliced Pears (1/2 cup) | Fruit Cocktail (1 cup) | Whole Wheat Roll w/ Jelly | Orange Wedges | Angel Biscuit w/Jelly | Fresh Baby Carrots (6) w/ Ranch Dressing | Corn (Fz) |
| Green Grapes (1/2 cup) | Granola Bar Cocoa Krispie | Strawberries & Bananas | Green Grapes | Kiwi | Bread w/ Jelly | Pineapple/Mango |
| Snickerdoodle Cookie | Mustard/Ketchup/Relish | Apple Slices | Milk | Mandarin Oranges | Apple Slices Banana | Chocolate Pudding Cup |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk |

Dinner

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---------------------------------|---|---|--|
| Chicken Fritters on Bun w/ Lettuce & Tomato & Mayo | BBQ Lil' Smokies | Spicy Chicken Patty on Bun w/ Lettuce & Tomato & Mayo | Pancakes & Syrup & Margarine | Chicken Quesadilla Lettuce & Shredded Cheese w/ Salsa on top of Tortilla Chips | Double Bacon Cheeseburger w/ Lettuce & Tomato | Salisbury Steak Mashed Potato w/ Brown Gravy |
| Steak Wedge Cut Fries w/ Ketchup | Baked Potato w/ Sour Cream & Margarine | Onion Rings w/ Ketchup | Scrambled Eggs w/ Cheese | Spanish Rice | Ketchup & Mustard Plain Lays Chips | Green Bean Casserole |
| California Vegetables | Corn on the Cob | Winter Mix | Sausage Links (2) | Mexicali Corn | Fried Okra w/ Ranch | Bread & Margarine |
| Raspberry Sherbet | Cinnamon Rolls w/ Frosting | Sliced Peaches | Pineapple Chunks | Milk | Chocolate Ice Cream Cup | Tropical Fruit Mix |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk |

Snack

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------------------------|----------------------------------|-------------|---------------------------|-------------------------------------|----------------|
| Chocolate Elf Grahams & String Cheese | Jiggly Red Parfait w/ Trix Topping | Apple Slices w/ Peanut Butter | Life Cereal | Peanut Butter Crackers | Turkey & Cheese Sandwich w/ MAYO | Golden Grahams |
| Milk | Milk | Milk | Milk | Grape Juice | Milk | Milk |

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Menu Subject to Change Without Notice

12/16/2021

HKM Menu Week # 3 Diabetic

Breakfast

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|------------------------|------------------------|-------------------------------------|--|--------------------|---------------------------------------|
| Breakfast Sandwich | Whole Grain Waffles w/ | Star Spangled Pancakes | Wheat Bagel w/ Peanut Butter Cup | Breakfast Pita (extra scoop of filling) w/ Fresh Salsa | Breakfast Sandwich | Biscuit & Gravy w/ Turkey Crumbles |
| Yogurt Cup | SF Maple Syrup | Sausage Links X 3 | Yogurt Cup | Green Apples w/ PB | Fruit Cocktail | String Cheese |
| Sliced Pears | Sausage Patty | Sliced Peaches | Orange Wedges | | | Banana |
| Milk | Cantaloupe/Honey Dew | Milk | Milk | Milk | Milk | Milk |

Lunch

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|---|
| Lasagna | Hot Ham & Cheese (extra meat & cheese) on Bun | Sausage Pizza (1 1/2 pieces) | Taco Burger (extra scoop of meat) w/ Lettuce & Tomato | Italian Pasta Bake (extra scoop) | Chicken Pattie X 2 | Pork Riblet (extra meat) on Bun w/ Lettuce & Tomato |
| Garden Spinach Salad w/ Italian Dressing | Potato Wedges w/ Ketchup Packet | Garden Spinach Salad w/ Ranch Dressing X 2 | Refried Beans X 2 | Green Pepper Sticks & Carrots w/ Ranch Dressing X 2 | Mashed Potatoes w/Chicken Gravy Mix | BBQ Sauce |
| Garlic Bread | Fresh Broccoli w/ Ranch Dressing X 2 | Breadstick w/ Marinara Sauce | Tortilla Chips w/ Black Bean & Corn Salsa | Wheat Bread w/ Margarine Cup | Green Beans X 2 | Tri Tater Wedge w/ Ketchup |
| Red Apples Wedges w/ PB | Red Grapes | Banana | Sliced Pears | Applesauce | Whole Wheat Roll w/ Margarine | Mixed Vegetables X 2 |
| Tomato Wedges | SF Chocolate Chip Cookie | Apricots | | Kiwi | Strawberries & Bananas | Mangos |
| Milk | Milk | Milk | Milk | SF Cookies | Mandarin Oranges | Cherry Crisp |
| | | | | Milk | Milk | Milk |

Dinner

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-------------------------------------|---|---|-------------------------|---------------------------------|---|
| Honey BBQ Wings (4 extra wings) w/Ranch | Chicken Nuggets (12) w/BBQ Sauce | Chili Cheese Dogs (2) | Steak Fingers (4 extra steak fingers) w/BBQ Sauce | Grilled Ham & Cheese | Corn Dog w/Ketchup & Mustard | Chicken Tenders (2 extra tenders) w/Country Gravy |
| Corn on the Cob | Macaroni Salad | French Fries w/Ketchup | Sweet Potatoes | Au Gratin Potatoes | Macaroni & Cheese | Cheesy Potatoes |
| Cornbread & Butter | Red Apples Wedges | Corn X 2 | Strawberries & Blueberries | Baked Beans X 2 | Broccoli X 2 | Peas X 2 |
| Green & Red Grapes | SF Pudding Cup | Mixed Fruit (Peaches, Pears, Grapes, Cherry) | SF Cookies | Fruited Jello | SF Cookies | Cinnamon Applesauce |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk |

Snack

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|------------------------------------|-------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|------------------------|
| Strawberry Nutrigrain Bar & String Cheese | Unsweetened Cereal & Yogurt Cup | Fresh Baby Carrots w/Ranch | Peanut Butter & SF Jelly Sandwich | Graham Crackers String Cheese X 2 | Peanut Butter & SF Jelly Sandwich | Peanut Butter Crackers |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk |

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7/14/2014

HKM Menu Week # 3

Breakfast

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|--|
| French Toast Stick (4) w/ Syrup Packet | Whole Grain Waffles (2) w/ Syrup Packet | Star Spangle Pancakes w/ 2oz vanilla yogurt & 3oz Berries | Wheat Bagel w/ Strawberry Cream Cheese Cup | Breakfast Burrito w/ Fresh Salsa | Cinnamon Roll w/ Icing | Biscuit & Gravy w/ Sausage Crumbles |
| Sliced Pears (1/2 cup) Grape Juice Milk | Cantaloupe/Honey Dew Orange/Pineapple Juice Milk | Sausage Links (2) Sliced Peaches (1/2cup) Apple Juice Milk | Orange Wedges Grape Juice Milk | Apple Slices Orange Juice Milk | Fruit Cocktail (1/2 cup) Apple Juice Milk | Banana Orange/Pineapple Juice Milk |

Lunch

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|--|--|
| Lasagna (3x5) | Hot Ham & Cheese on Bun | Sausage Pizza | Taco Burger w/ cheese w/ Lettuce & Tomato | Italian Meatball Sub w/ Moz Cheese | Chicken Pattie | Pork Riblet on Bun w/ Lettuce & Tomato (2) |
| Garden Spinach Salad w/ Italian Dressing Garlic Bread Apples Slices Tomato Wedges Milk | Potato Wedges w/ Ketchup Packet Fresh Broccoli w/ Ranch Dressing Grapes (1 cup) Chocolate Chip Cookie Milk | Garden Spinach Salad w/ Ranch Dressing Breadstick w/ Marinara Sauce Banana Apricots Milk | Refried Beans Tortilla Chips w/ Black Bean & Corn Salsa Sliced Pears (1 cup) Milk | Green Pepper Sticks & Carrots w/ Ranch Dressing (6 each) Applesauce (1/2 cup) Kiwi Royal Brownies Milk | Mashed Potatoes w/ Chicken Gravy Mix Green Beans (1/2 cup) Whole Wheat Roll w/ Margarine Strawberries & Bananas Mandarin Oranges Milk | BBQ Sauce Tri Tater Wedge w/ Ketchup Mixed Vegetables Mangos (3/4 cup) Cherry Crisp (blue scoop) Milk |

Dinner

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|--|---|
| Honey BBQ Wings w/Ranch Curley Fries w/Ketchup Corn on the Cob Cornbread & Honey Grapes (1/2 cup) Milk | Ham & Cheese Sub w/ Lettuce & 2 Tomato Mayo & Mustard Macaroni Salad Nacho Doritos Apples Slices Chocolate Chip Cookie Milk | Hot Dog on Bun w/ Chili & Cheese French Fries w/ Ketchup Corn Mixed Fruit Cup Milk | Steak Fingers w/BBQ Sauce Mashed Potatoes w/ Brown Gravy Strawberries & Blueberries Rice Krispie Treat Milk | Dbl Cheeseburger on Bun w/ Lettuce & Tomato Ketchup & Mustard Au Gratin Potatoes Baked Beans Fruited Jello Milk | Turkey & Cheese Sub w/ Lettuce & 2 Toamto Mayo & Mustard Pasta Salad Nacho Doritos Sliced Peaches Sugar Cookie Milk | Chicken Tenders (4) w/ Country Gravy Cheesy Potatoes Peas (1/2 cup) Cinnamon Applesauce Milk |

Snack

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|-------------------------|---|--|--------------------------------|
| Strawberry Nutrigrain Bar (2 each) Milk | Reese's Peanut Butter Puffs Milk | Fresh Baby Carrots w/ Ranch and String Cheese Apple Juice | Fruitty Pebbles Milk | Gripz Grams Cracker String Cheese Apple Juice | Peanut Butter & Jelly Sandwich Grape Juice | Peanut Butter Crackers Milk |

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HKM Menu Week # 3

Breakfast

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|--|
| French Toast Stick (4) w/ Syrup Packet | Whole Grain Waffles (2) w/ Syrup Packet | Star Spangle Pancakes w/ 2oz vanilla yogurt & 3oz Berries | Wheat Bagel w/ Strawberry Cream Cheese Cup | Breakfast Burrito w/ Fresh Salsa | Cinnamon Roll w/ Icing | Biscuit & Gravy w/ Sausage Crumbles |
| Sliced Pears (1/2 cup) Grape Juice Milk | Cantaloupe/Honey Dew Orange/Pineapple Juice Milk | Sausage Links (2) Sliced Peaches (1/2cup) Apple Juice Milk | Orange Wedges Grape Juice Milk | Apple Slices Orange Juice Milk | Fruit Cocktail (1/2 cup) Apple Juice Milk | Banana Orange/Pineapple Juice Milk |

Lunch

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|--|--|
| Lasagna (3x5) | Hot Ham & Cheese on Bun | Sausage Pizza | Taco Burger w/ cheese w/ Lettuce & Tomato | Italian Meatball Sub w/ Moz Cheese | Chicken Pattie | Pork Riblet on Bun w/ Lettuce & Tomato (2) |
| Garden Spinach Salad w/ Italian Dressing Garlic Bread Apples Slices Tomato Wedges Milk | Potato Wedges w/ Ketchup Packet Fresh Broccoli w/ Ranch Dressing Grapes (1 cup) Chocolate Chip Cookie Milk | Garden Spinach Salad w/ Ranch Dressing Breadstick w/ Marinara Sauce Banana Apricots Milk | Refried Beans Tortilla Chips w/ Black Bean & Corn Salsa Sliced Pears (1 cup) Milk | Green Pepper Sticks & Carrots w/ Ranch Dressing (6 each) Applesauce (1/2 cup) Kiwi Royal Brownies Milk | Mashed Potatoes w/ Chicken Gravy Mix Green Beans (1/2 cup) Whole Wheat Roll w/ Margarine Strawberries & Bananas Mandarin Oranges Milk | BBQ Sauce Tri Tater Wedge w/ Ketchup Mixed Vegetables Mangos (3/4 cup) Cherry Crisp (blue scoop) Milk |

Dinner

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|---|
| Honey BBQ Wings w/Ranch Curley Fries w/Ketchup Corn on the Cob Cornbread & Honey Grapes (1/2 cup) Milk | Chicken Nuggets (12) w/BBQ Sauce Macaroni Salad Apples Slices Vanilla Pudding Pie Milk | Hot Dog on Bun w/ Chili & Cheese French Fries w/ Ketchup Corn Mixed Fruit Cup Milk | Steak Fingers w/BBQ Sauce Mashed Potatoes w/ Brown Gravy Strawberries & Blueberries Rice Krispie Treat Milk | DbI Cheeseburger on Bun w/ Lettuce & Tomato Ketchup & Mustard Au Gratin Potatoes Baked Beans Fruited Jello Milk | Corn Dog w/ Ketchup (cup) & Mustard Macaroni & Cheese Broccoli Strawberry Shortcake w/ Whip Cream Milk | Chicken Tenders (4) w/ Country Gravy Cheesy Potatoes Peas (1/2 cup) Cinnamon Applesauce Milk |

Snack

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|------------------------|---|--|--------------------------------|
| Strawberry Nutrigrain Bar (2 each) Milk | Reese's Peanut Butter Puffs Milk | Fresh Baby Carrots w/ Ranch and String Cheese Apple Juice | Fruity Pebbles Milk | Gripz Grams Cracker String Cheese Apple Juice | Peanut Butter & Jelly Sandwich Grape Juice | Peanut Butter Crackers Milk |

This institution is an equal opportunity provider

Menu Subject to Change Without Notice

12/16/2021

HKM Menu Week # 4

Breakfast

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|---|
| Western Omelet Quesdilla w/ Fresh Salsa Fresh Pear Grape Juice Milk | Cinnamon Toast Crunch Cereal Yogurt Cup Apricots Orange Juice Milk | Cherry Strudel Fresh Orange Apple Juice Milk | Coffee Cake Applesauce Grape Juice Milk | Biscuits & Gravy w/ Sausage Crumbles Green Grapes Orange/Pineapple Juice Milk | French Toast Sticks (4) w/ Maple Syrup Citrus Fruit Salad Apple Juice Milk | Reese Puff Cereal String Cheese Tropical Fruit Grape Juice Milk |

Lunch

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|---|
| Chicken Tetrizzini Garden Spinach Salad Ranch Dressing Carrot Coins Breadstick w/ Margarine cup Strawberry/Peach & Banana (IN TUBS) Milk | Beef & Bean Burrito w/ Lettuce & Tomato & Shredded Cheese Mexican Corn Tortilla Chips w/ Tomato Salsa Apples Wedges Green Grapes Milk | Bosco Pizza Sticks (2) w/ Marinara Sauce (3x5) Garden Spinach Salad w/Italian Dressing Fresh Baby Carrots w/ Ranch Dressing Strawberry/Blueberry Milk | BBQ Beef on Bun Sweet Potato Puffs (11) Baked Beans Apple Wedges Oatmeal Cookie Milk | Turkey & Cheese Sub w/ Lettuce & Tomato & Mayo Straight cut French Fries w/ Ketchup Tropical Fruit Choc. Tiger Graham Crackers Milk | Country Style Beef Patty Mashed Potato w/ Country Gravy Broccoli Wheat Roll w/ Jelly Cup Fresh Pear Sliced Peaches Milk | Chicken Quesadilla Tortilla Chips w/ Tomato Salsa Refried Beans Orange Wedges Kiwi Milk |

Dinner

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|---|
| Turkey Club w/Bacon, Lettuce, Tomato, Mayo & Mustard Italian Pasta Salad Garden Salsa Sun Chips Chocolate Pudding Pie Milk | Biscuits & Gravy w/ Sausage Crumbles Scrambled Egg w/ Cheese/ Hot Sauce Tri Taters w/ Ketchup Strawberry Yogurt Milk | Spicy Chicken Patty on Bun w/ Lettuce & Tomato & Mayo Onion Rings w/ Ketchup Coleslaw Peanut Butter Choc Chip Bars Milk | Enchilada w/ Sauce & Cheese Yellow Rice Ranch Beans Tortilla Chips & Salsa Milk | Sausage Pizza House Salad w/ Raspberry Dressing Oregon Vegetables Peach Crisp Milk | Ham & Turkey & Cheese SubLettuce & 2 Tomato Mayo & Mustard Potato Salad Potato Chips Chocolate Chip Cookie Grapes Milk | Corn Dogs w/ Ketchup cup & Mustard Macaroni & Cheese Catalina Vegetables Cheese Cake Milk |

Snack

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|----------------------------|---|----------------------------------|--|----------------------------|
| Cinnamon Toast Crunch Cereal Milk | Goldfish Crackers (2each) Apple Juice | Froot Loops Cereal Milk | Apple Slices w/ Peanut Butter Apple juice | Ham & Cheese Sandwich Milk | Gripz Graham Crackers String Cheese Orange Juice | Capt Crunch Cereal Milk |

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Cold Meals served on Sunday Dinner & Friday Dinner

7/7/2022