

## **HES Menu Sept. 6-9**

### **Breakfast:**

**Tuesday:** Cereal, Graham crackers, apple

**Wednesday:** Pop tart, banana

**Thursday:** Benefit Bar, melon

**Friday:** Breakfast on a stick, orange slices

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### **Lunch:**

**Tuesday:** Burrito or Nachos, Orange slices, carrots, sugar snap peas, salsa

**Wednesday:** Spaghetti or Chicken Sandwich, melon, cherry tomatoes, tater tots, celery, ketchup

**Thursday:** Campfire dog or Cheeseburger, orange slices, strawberries, smiley fries, broccoli, ketchup, mustard

**Friday:** Pizza or Sloppy Joe, grapes, apple slices, smiley fries, cucumbers, ketchup

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### **Supper:**

**Tuesday:** Muffin, sunflower seeds, carrots, fruit cup

**Wednesday:** Bagel with cream cheese, celery, orange slices, peanut butter cup

**Thursday:** Pretzels with hummus, applesauce, cucumbers

**Friday:** Yogurt, crackers, string cheese, celery, apple

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Menus are subject to change.

Fresh fruit and vegetables available every day.

**This institution is an equal opportunity employer.**