



March 2025 HFGSD Middle School Menu



REMINDER: ALL STUDENTS RECEIVE FREE BREAKFAST AND LUNCH

BREAKFAST

| Every Monday | Every Tuesday | Every Wednesday | Every Thursday | Every Friday |
|---------------------|---------------------|---------------------|---------------------|---------------------|
| Breakfast Sandwich | Breakfast Sandwich | Breakfast Sandwich | Breakfast Sandwich | Breakfast Sandwich |
| Yogurt Parfaits | Yogurt Parfaits | Yogurt Parfaits | Yogurt Parfaits | Yogurt Parfaits |
| Cereal | Cereal | Cereal | Cereal | Cereal |
| Bagels/Cream Cheese | Bagels/Cream Cheese | Bagels/Cream Cheese | Bagels/Cream Cheese | Bagels/Cream Cheese |
| Breakfast Pizza | Breakfast Pizza | Breakfast Pizza | Breakfast Pizza | Breakfast Pizza |
| Muffins | Donuts | Muffins | Donuts | Muffins |

LUNCH MENU

| March 3rd | March 4th | March 5th | March 6th | March 7th |
|--------------------|--------------------------------|---------------------------|---------------------------|--|
| Cheeseburger | Spag w/meatsauce | Mozzarella Sticks w/sauce | Buffalo Chicken PIZZA | Pulled Pork Mac&Cheese |
| Fries | Broccoli | Tossed Salad | Fresh Veggies and Dip | WG Roll |
| Roasted Carrots | Garlic Sticks | Corn | Fruit Choice | Carrots |
| Fruit Choice | Fruit Choice | Fruit Cup | Milk | Fruit Cup |
| Milk | Milk | Milk | Cookie | Milk |
| March 10th | March 11th | March 12th | March 13th | March 14th |
| Grilled Cheese | Ravioli w/Meatballs | Mac and Cheese | Pizza, Pizza Sticks sauce |  Superintendent's Day |
| Rice | Garlic Bread | Corn Bread | Tossed Salad | |
| Fruit Choice | Corn | Fruit Choice | Fruit Choice | |
| Tomato soup | Fruit Choice | Baby Peas | Choc &Van pudding | |
| Milk | Milk | Milk | Milk | |
| March 17th | March 18th | March 19th | March 20th | March 21st |
| Nacho Bowl | Goulash | Grilled Cheese/Tots | Cheese Pizza | Popcorn Chicken |
| Rice | Garlic Bread | Tomato Soup | Fruit Choice | Mashed/gravy |
| Green Beans | Peas and Carrots | Broccoli | Calf. Blend Veg | Corn |
| Fruit Cup | Fresh Blueberries/Strawberries | Fruit Choice | Milk | Fruit Choice |
| Milk | Milk | Milk | Cookie | Milk |
| March 24th | March 25th | March 26th | March 27th | March 28th |
| Hamb on w/g roll | Mozzarella Sticks/Sauce | Double Dogs w/mt. sauce | Pepperoni Pizza | Baked Veg/Meat Lasagna |
| Baked Beans | Garlic Bread | Baked Tots | Veggie Pasta Salad | Garlic Bread |
| Fruit Choice | Roasted Carrots | Green and Yellow Beans | Fruit Choice | Tossed Salad |
| Tossed Salad | Fruit Cup | Fruit Cup | Cookie | Fruit Choice |
| Milk | Milk | Milk | Milk | Milk |
| March 31st | | | | |
| Chicken Ranch Wrap | | | | |
| Peas and Carrots | | | | |
| Refried Beans | | | | |
| Fruit Cup | | | | |
| Milk | | | | |

Daily Lunch Offerings: Cheeseburger, PB & J, Salad Bar

A La Carte: Wraps, Entree, Salads, Subs, Chicken Sand

| Souper Wednesdays: | Week 1: Beef Vegetable | Week 2: Tomato | Week 3: Cream of Broccoli | Week 4: Chicken Noodle |
|--------------------|------------------------|----------------|---------------------------|------------------------|
|--------------------|------------------------|----------------|---------------------------|------------------------|

Menu Subject to Change

Reminder: All Students Receive Free Breakfast and Lunch