

HASTINGS MIDDLE SCHOOLS

2016-17 Sandwich, Grab N Go, and Salad Bar Menu



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>Salad Bar Romaine Lettuce Fresh Vegetable Toppings Choice of Lean Protein Toppings Croutons Sun Chips or Dinner Roll Fruit Choices Milk</p> <p>Sandwich & Grab N Go Choices: *Peanut Butter Sandwich *Peanut Butter & Grape Jelly Sandwich <i>w/String Cheese</i> *Ham and Cheese Sandwich *Turkey and Cheese Sandwich *Muffin <i>w/String Cheese</i> *Banana Loaf <i>w/String Cheese</i> *To-Go Chef Salads</p> <p>Sandwich & Grab N Go Sides: Sun Chips or Dinner Roll Carrots Broccoli Pickles Fruit Choices Milk</p>	<p>Salad Bar Romaine Lettuce Fresh Vegetable Toppings Choice of Lean Protein Toppings Croutons Sun Chips or Dinner Roll Fruit Choices Milk</p> <p>Sandwich & Grab N Go Choices: *Peanut Butter Sandwich *Peanut Butter & Grape Jelly Sandwich <i>w/String Cheese</i> *Ham and Cheese Sandwich *Turkey and Cheese Sandwich *Muffin <i>w/String Cheese</i> *Banana Loaf <i>w/String Cheese</i> *To-Go Chef Salads</p> <p>Sandwich & Grab N Go Sides: Sun Chips or Dinner Roll Carrots Black Bean Corn Salsa Pickles Fruit Choices Milk</p>	<p>Salad Bar Romaine Lettuce Fresh Vegetable Toppings Choice of Lean Protein Toppings Croutons Sun Chips or Dinner Roll Fruit Choices Milk</p> <p>Sandwich & Grab N Go Choices: *Peanut Butter Sandwich *Peanut Butter & Grape Jelly Sandwich <i>w/String Cheese</i> *Ham and Cheese Sandwich *Turkey and Cheese Sandwich *Muffin <i>w/String Cheese</i> *Banana Loaf <i>w/String Cheese</i> *To-Go Chef Salads</p> <p>Sandwich & Grab N Go Sides: Sun Chips or Dinner Roll Carrots Pickles Fruit Choices Milk</p>	<p>Salad Bar Romaine Lettuce Fresh Vegetable Toppings Choice of Lean Protein Toppings Croutons Sun Chips or Dinner Roll Fruit Choices Milk</p> <p>Sandwich & Grab N Go Choices: *Peanut Butter Sandwich *Peanut Butter & Grape Jelly Sandwich <i>w/String Cheese</i> *Ham and Cheese Sandwich *Turkey and Cheese Sandwich *Muffin <i>w/String Cheese</i> *Banana Loaf <i>w/String Cheese</i> *To-Go Chef Salads</p> <p>Sandwich & Grab N Go Sides: Sun Chips or Dinner Roll Carrots Black Bean Corn Salsa Pickles Fruit Choices Milk</p>	<p>Salad Bar Romaine Lettuce Fresh Vegetable Toppings Choice of Lean Protein Toppings Croutons Sun Chips or Dinner Roll Fruit Choices Milk</p> <p>Sandwich & Grab N Go Choices: *Peanut Butter Sandwich *Peanut Butter & Grape Jelly Sandwich <i>w/String Cheese</i> *Ham and Cheese Sandwich *Turkey and Cheese Sandwich *Tuna Salad Sandwich *Muffin <i>w/String Cheese</i> *Banana Loaf <i>w/String Cheese</i> *To-Go Chef Salads</p> <p>Sandwich & Grab N Go Sides: Sun Chips or Dinner Roll Carrots Pickles Fruit Choices Milk</p>

2016-17 Middle School Breakfast & Lunch Prices: **Breakfast:** \$1.30 **Free/Reduced Breakfast:** FREE **Adult Breakfast:** \$1.80 **Lunch:** \$2.75 **Free/Reduced Lunch:** FREE **Adult:** \$3.60 **Milk only:** \$0.50

*Menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, or wheat. *Menu Subject to Change Without Notice
*Milk Available Daily. Choices Include: Skim, 1%, & Chocolate Skim *Payments can be made online at www.hastings.k12.mn.us/MealPayPlus.html

*Sandwiches & Salads available daily.

*Questions? Contact the Food & Nutrition Department at 651-480-7126

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