

# September 2023



**We are a Peanut and Tree Nut Free Kitchen**

Lunch Includes:  
8oz milk (1%, skim, and skim chocolate)  
Extra Milk .75

K-5 Lunch \$4.50  
*Daily Cold Meal Option: Yogurt with Cheese Stick & Muffin **PLUS** fruit & vegetable with both cold options*

**Middle School & Adult**

6<sup>th</sup> – 8<sup>th</sup> Lunch \$5.00  
Adult Lunch \$5.40  
Extra Entrée \$2.50  
Dessert \$1.00  
Ice Cream \$1.00  
*2<sup>nd</sup> – 5<sup>th</sup> Grade Desserts are available on Friday only*

**Ice Cream Party**

Entire Class: \$20.00  
Entire Grade: \$40.00

	<p style="text-align: center;"><b>Join Cub Scout Troop 1410</b></p> <p style="text-align: center;"><a href="https://sites.google.com/view/hca-pack-1410/">https://sites.google.com/view/hca-pack-1410/</a></p>	<p><b>Are you celebrating a birthday?</b></p> <p><b>Stop by the front office to buy a class ice cream!</b></p>		<p style="text-align: center;">1</p> <p style="text-align: center;">Cheese Pizza Pie Choose up to 2 Vegetables Fries Baby Carrots Sidekicks</p>
<p style="text-align: center;">4</p> <p style="text-align: center;">No School Labor Day</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">Pizza Sticks with Marinara Sauce Choose up to 2 Vegetables Side Salad Broccoli Choice of Fruit</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">Chocolate Chip Pancakes with sausage Choose up to 2 Vegetables Baby Carrots Veg/Fruit Juice Choice of Fruit</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">HCA Chicken Fillet Sandwich Choose up to 2 Vegetables Side Salad Corn Choice of Fruit</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">Cheese Pizza Pie Choose up to 2 Vegetables Fries Baked Beans Sidekicks</p>
<p style="text-align: center;">11</p> <p style="text-align: center;">Popcorn Chicken Pretzel Bites Choose up to 2 Vegetables Mashed Potatoes Baked Beans Choice of Fruit</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Grilled Cheese Sandwich Choose up to 2 Vegetables Tomato Soup Green Beans Choice of Fruit</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">Pasta with Meat Sauce Garlic Bread Choose up to 2 Vegetables Side Salad Baby Carrots Choice of Fruit</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">French Toast With Sausage Choose up to 2 Vegetables Hash Brown Veg/Fruit Juice Choice of Fruit</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Cheese Pizza Pie Choose up to 2 Vegetables Fries Baby Carrots Sidekicks</p>
<p style="text-align: center;">18</p> <p style="text-align: center;">Chicken Nuggets Garlic Bread Choose up to 2 Vegetables Baked Beans Corn Choice of Fruit</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Walking Taco Choose up to 2 Vegetables Lettuce and Tomato Cup Spanish Rice Choice of Fruit</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">Baked Ziti Garlic Bread Choose up to 2 Vegetables Side Salad Baby Carrots Choice of Fruit</p>	<p style="text-align: center;">21</p> <p style="text-align: center;">Dutch Waffle Chicken Patty Choose up to 2 Vegetables Hash Brown Veg/Fruit Juice Choice of Fruit</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Cheese Pizza Pie Choose up to 2 Vegetables Fries Baby Carrots Sidekicks</p>
<p style="text-align: center;">25</p> <p style="text-align: center;">Hot Dog on a Bun Choose up to 2 Vegetables Smiley Fries Baked Beans Choice of Fruit</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">Cheeseburger on a Bun Choose up to 2 Vegetables French Fries Veg/Fruit Juice Choice of Fruit</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Popcorn Chicken Pretzel Bites Choose up to 2 Vegetables Mashed Potatoes Baby Carrots Choice of Fruit</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">Cheese Pizza Pie Choose up to 2 Vegetables Fries Baby Carrots Sidekicks</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">Early Dismissal 11:30</p>