

HEMPHILL ISD BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 ST Muffin Yogurt Cup Cereal/Toast/Jelly Fruit Juice Milk	2 ND Cinnamon Roll Cereal/Toast/Jelly Fruit Juice Milk	3 RD Sausage & Cheese Biscuit Cereal/Toast/Jelly Fruit Juice Milk	4 TH Breakfast Kolache Cereal/Toast/Jelly Fruit Juice Milk
7 TH Donut Holes Cereal/Toast/Jelly Fruit Juice Milk	8 TH Pancakes/syrup Cereal/Toast/Juice Fruit Juice Milk	9 TH French Toast Sticks Syrup Cereal/Toast/Jelly Fruit Juice Milk	10 TH Sausage & Cheese Biscuit Cereal/Toast/Jelly Fruit Juice Milk	11 TH Breakfast Corndog Syrup Cereal/Toast/Jelly Fruit Juice Milk
14 TH Muffin Yogurt Cup Cereal/Toast / Jelly Fruit Juice Milk	15 TH Cinnamon Toast Cereal/Toast/Jelly Fruit Juice Milk	16 TH Waffles /syrup Cereal/Toast/Jelly Fruit Juice Milk	17 TH Sausage & Cheese Biscuit Cereal/Toast/Jelly Fruit Juice Milk	18 TH Breakfast Kolache Cereal/Toast/Jelly Fruit Juice Milk
21 ST THANKSGIVING HOLIDAY 21-25	22 ND	23 RD	24 TH	25 TH
28 TH Muffins Yogurt Cup Cereal/Toast/Jelly Fruit Juice	29 TH Pancakes/syrup Cereal/Toast/Juice Fruit Juice Milk	30 TH Cinnamon Roll Cereal/Toast/Jelly Fruit Juice Milk		

NOV MENU 2022

GEAR UP FOR TURKEY TROT



ANNOUNCEMENTS:

Menus are Subject to change.

PAY FOR MEALS
ONLINE@
MySchoolBucks.com

Variety of Milk and
Fruit
Offered Daily

HEMPHILL ISD LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 ST Chicken Tenders Scalloped Potatoes Steamed Broccoli Roll Fruit Milk	2 ND Pizza Corn Garden Salad/ranch Fruit Milk	3 RD Chicken & Dumpling Green Beans Steamed Carrots Fruit Milk	4 TH Cheeseburger Burger Salad Oven Fries /ketchup Pork & Beans Fruit Milk
7 TH Chicken Fajita Garden Salad/ranch Mexicali Corn Fruit Milk	8 TH Beef Spaghetti Black-Eyed Peas Candid Yams Bread Stick Fruit Milk	9 TH Corn Dog Mac & Cheese Baked Beans Fruit Milk	10 TH Beef Tips Mashed Potatoes/gravy Green Beans Roll Fruit Milk	11 TH Cheeseburger Burger Salad Oven Fries /ketchup Pork & Beans Fruit Milk
14 TH Beefy Nachos Pinto Beans Carrot Sticks/ranch Fruit Milk	15 TH Chicken Nuggets Mashed Potatoes/gravy Broccoli Normandy Roll Fruit Milk	16 TH Pizza Corn Garden Salad /ranch Fruit Milk	17 TH Turkey & Dressing Green Beans Candid Yams Roll Cranberry Sauce Fruit / Milk	18 TH Cheeseburger Burger Salad Oven Fries/ketchup Pork & Beans Fruit Milk
21 ST THANKSGIVING HOLIDAY 21-25	22 ND	23 RD	24 TH	25 TH
28 TH Fish Sticks Oven Fries /ketchup Pork & Beans Fruit Milk	29 TH Chicken Spaghetti Steamed Carrots Garden Salad /ranch French Toast Fruit Milk	30 TH Corn Dog Mac & Cheese Baked Beans Fruit Milk		

NOV MENU 2022

GEAR UP FOR TURKEY TROT



ANNOUNCEMENTS:

- Menus are Subject to change.
- Alternate Menu
- Monday – Burrito
- Tuesday – Hot Dog
- Wed.-Chicken Sandwich
- Thurs.-Ham or Turkey Sandwich
- Friday-Pizza



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 11/1/2022
www.SquareMeals.org