

Hemphill ISD Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 RD Muffins Yogurt Cup Cereal /Toast/Jelly Fruit Juice Milk	4 TH Pancakes/syrup Cereal/Toast/Jelly Fruit Juice Milk	5 TH Cinnamon Roll Cereal/Toast/Jelly Fruit Juice Milk	6 TH Sausage & Cheese Biscuit Cereal/Toast/Jelly Fruit Juice Milk	7 TH School Holiday
10 TH School Holiday	11 TH Cinnamon Toast Cereal/Toast/Jelly Fruit Juice Milk	12 TH French Toast Sticks Syrup Cereal/Toast/Jelly Juice Milk	13 TH Sausage & Cheese Biscuit Cereal/Toast/Jelly Fruit Juice Milk	14 TH Breakfast Corndog Syrup Cereal/Toast/Jelly Fruit Juice Milk
17 TH Muffins Yogurt Cup Cereal/Toast/Jelly Fruit Juice Milk	18 TH Pancakes/syrup Cereal/Toast/Jelly Fruit Juice Milk	19 TH Cinnamon Roll Cereal/Toast/Jelly Fruit Juice Milk	20 TH Sausage & Cheese Biscuit Cereal/Toast/Jelly Fruit Juice Milk	21 ST Breakfast Kolache Cereal/Toast/Jelly Fruit Juice Milk
24 TH Donut Hole Cereal/Toast/Jelly Fruit Juice Milk	25 TH Cinnamon Toast Cereal/Toast/Jelly Fruit Juice Milk	26 TH Waffles/syrup Cereal/Toast/Jelly Fruit Juice Milk	27 TH Sausage & Cheese Biscuit Cereal/Toast/Jelly Fruit Juice Milk	28 TH Breakfast Corndog Syrup Cereal/Toast/Jelly Fruit Juice Milk
31 ST Teacher Workday				

OCT

MENU 2022

GEAR UP FOR

SWIM CLASS



ANNOUNCEMENTS:

- Menus are subject to change.
- PAY FOR MEALS ONLINE@
MySchoolBucks.com

Variety of Milk and Fruit Offered Daily



Food and Nutrition Division
National School Lunch Program

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Updated 10/1/2022
www.SquareMeals.org

Hemphill ISD Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 RD Fish Sticks Oven Fries /ketchup Pork & Beans Fruit Milk	4 TH Chicken Nuggets Mashed Potatoes Gravy Green Peas Roll Fruit / Milk	5 TH Pizza Corn Garden Salad / ranch Fruit Milk	6 TH Chicken & Dumpling Green Beans Steamed Carrots Fruit Milk	7 TH School Holiday
10 TH School Holiday	11 TH Soft Taco /salsa Pinto Beans Garden Salad /ranch Fruit Milk	12 TH Corn Dog Mac & Cheese Baked Beans Fruit Milk	13 TH Beef Vegetable Soup Grilled Cheese Sandwich Fruit Milk	14 TH Cheeseburger Burger Salad Oven Fries /ketchup Pork & Beans Fruit Milk
17 TH Beefy Nachos Pinto Beans Spanish Rice Fruit Milk	18 TH Steak Fingers Mashed Potatoes Gravy Steamed Broccoli Roll Fruit / Milk	19 TH Pizza Corn Garden Salad / ranch Fruit Milk	20 TH Chicken & Sausage Gumbo / Rice Potato Salad Garlic Bread Fruit Milk	21 ST Cheeseburger Burger Salad Oven Fries /ketchup Pork & Beans Fruit Milk
24 TH Frito Pie Ranch Style Beans Carrot Sticks /ranch Fruit Milk	25 TH Chicken Spaghetti Broccoli Normandy Garden Salad /ranch Garlic Toast Fruit Milk	26 TH Corn Dog Mac & Cheese Baked Beans Fruit Milk	27 TH Tater Tot Casserole Lima Beans Steam Carrots Cornbread Fruit Milk	28 TH Cheeseburger Burger Salad Oven Fries /ketchup Pork & Beans Fruit Milk
31 ST Teacher Workday				

OCT

MENU 2022

GEAR UP FOR

SWIM CLASS



ANNOUNCEMENTS:

- Menu are Subject to change
- Alternate Menu
- Monday –Burrito
- Tuesday-Hot Dog
- Wednesday-Chicken Sandwich
- Thursday- Ham or Turkey Sandwich
- Friday -Pizza

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