



HMONG COLLEGE PREP ACADEMY

Breakfast

Monday	Tuesday	Wednesday, March 1st	Thursday, March 2nd	Friday, March 3rd
		Kopia Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Sausage & Rice Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	No School: Parent/Teacher Conferences
Monday, March 6th	Tuesday, March 7th	Wednesday, March 8th	Thursday, March 9th	Friday, March 10th
Ham & Brown Rice Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Pancake on a Stick Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Fried Rice Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Cinnamon Rolls Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Rice Porridge Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers
Monday, March 13th	Tuesday, March 14th	Wednesday, March 15th	Thursday, March 16th	Friday, March 17th
Cheese Omelet Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Sausage & Brown Rice Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Kopia Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Breakfast Pizza Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Sticky Rice and Bacon Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers
Monday, March 20th	Tuesday, March 21st	Wednesday, March 22nd	Thursday, March 23th	Friday, March 24th
Ham & Brown Rice Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Pancake on a Stick Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Fried Rice Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Cinnamon Rolls Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Rice Porridge Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers
Monday, March 27th	Tuesday, March 28th	Wednesday, March 29th	Thursday, March 30th	Friday, March 31st
Cheese Omelet Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Sausage & Brown Rice Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Kopia Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Breakfast Pizza Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers	Sticky Rice and Bacon Fruit Juice Milk* Alt: Assorted Cereal & Golden Crackers

All students at a minimum must grab 1/2 cup of vegetables or fruits along with two other items on their tray for breakfast and lunch. If there are any questions or concerns about the menu, please contact the Food Department @ fooddepartment@hcpak12.org.

Please note that menu items can change without notice.

*Choice of 1% White Milk or 1% Chocolate Milk



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Lunch

Monday	Tuesday	Wednesday, March 1st	Thursday, March 2nd	Friday, March 3rd
		Chicken Drumsticks Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Pepperoni and Sausage Pizza Alt: Turkey & Cheese Sandwich	Walking Taco Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Pepperoni and Sausage Pizza Alt: Turkey & Cheese Sandwich	No School: Parent/Teacher Conferences
Monday, March 6th	Tuesday, March 7th	Wednesday, March 8th	Thursday, March 9th	Friday, March 10th
Corn Dog Chips Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Chef Salad Alt: Turkey & Cheese Sandwich	Korean Beef Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Chef Salad Alt: Turkey & Cheese Sandwich	Cheeseburger Fries Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Chef Salad Alt: Turkey & Cheese Sandwich	Pork Stir Fry Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Chef Salad Alt: Turkey & Cheese Sandwich	Pizza Bread w/Marinara Sauce Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Chef Salad Alt: Turkey & Cheese Sandwich
Monday, March 13th	Tuesday, March 14th	Wednesday, March 15th	Thursday, March 16th	Friday, March 17th
Chicken Patty Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Chicken Bahn Mi Sandwich Alt: Ham & Cheese Sandwich	Hmong Sausage Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Chicken Bahn Mi Sandwich Alt: Ham & Cheese Sandwich	Pepperoni Pizza Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Chicken Bahn Mi Sandwich Alt: Ham & Cheese Sandwich	Chicken Stir Fry Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Chicken Bahn Mi Sandwich Alt: Ham & Cheese Sandwich	Hotdog Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Chicken Bahn Mi Sandwich Alt: Ham & Cheese Sandwich
Monday, March 20th	Tuesday, March 21st	Wednesday, March 22nd	Thursday, March 23th	Friday, March 24th
BBQ Pulled Pork Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Spicy Chicken Sandwich Alt: Turkey & Cheese Sandwich	Beef Laab Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Spicy Chicken Sandwich Alt: Turkey & Cheese Sandwich	Chicken Alfredo Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Spicy Chicken Sandwich Alt: Turkey & Cheese Sandwich	Pho Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Spicy Chicken Sandwich Alt: Turkey & Cheese Sandwich	Early Release @ 11am
Monday, March 27th	Tuesday, March 28th	Wednesday, March 29th	Thursday, March 30th	Friday, March 31st
Sloppy Joe Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Asian Thai Wrap Alt: Ham & Cheese Sandwich	Red Noodle Curry Soup Whole Grain Roll Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Asian Thai Wrap Alt: Ham & Cheese Sandwich	Grilled Cheese & Tomato Soup Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Asian Thai Wrap Alt: Ham & Cheese Sandwich	Pork & Cabbage Soup Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Asian Thai Wrap Alt: Ham & Cheese Sandwich	Grilled Chicken Breast Fresh Fruit Fresh Vegetable Milk* Alt Hot Box: Asian Thai Wrap Alt: Ham & Cheese Sandwich

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Dinner

Monday	Tuesday	Wednesday, March 1st	Thursday, March 2nd	Friday, March 3rd
			No School: Parent/Teacher Conferences	No School: Parent/Teacher Conferences
Monday, March 6th	Tuesday, March 7th	Wednesday, March 8th	Thursday, March 9th	Friday, March 10th
	Pizza Bread w/Marinara Sauce Fresh Fruit Fresh Vegetable Milk* Alt: Turkey & Cheese Sandwich		Pork Stir Fry Fresh Fruit Fresh Vegetable Milk* Alt: Turkey & Cheese Sandwich	
Monday, March 13th	Tuesday, March 14th	Wednesday, March 15th	Thursday, March 16th	Friday, March 17th
	Cheese Burger Chips Fresh Fruit Fresh Vegetable Milk* Alt: Ham & Cheese Sandwich		Corn Dog Fresh Fruit Fresh Vegetable Milk* Alt: Ham & Cheese Sandwich	
Monday, March 20th	Tuesday, March 21st	Wednesday, March 22nd	Thursday, March 23th	Friday, March 24th
	Mac & Cheese Fresh Fruit Fresh Vegetable Milk* Alt: Turkey & Cheese Sandwich		Chicken Patty Fresh Fruit Fresh Vegetable Milk* Alt: Turkey & Cheese Sandwich	Early Release @ 11am
Monday, March 27th	Tuesday, March 28th	Wednesday, March 29th	Thursday, March 30th	Friday, March 31st
	Chicken Stir Fry Fresh Fruit Fresh Vegetable Milk* Alt: Ham & Cheese Sandwich		Sloppy Joes Fresh Fruit Fresh Vegetable Milk* Alt: Ham & Cheese Sandwich	

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