

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Pancake on a Stick	Sticky Rice w/Bacon	Mini Waffles	Scrambled Eggs w/Hashbrowns	Brown Rice w/Sausage
Fruit	Fruit	Fruit	Fruit	Fruit
Juice	Juice	Juice	Juice	Juice
Milk	Milk	Milk	Milk	Milk
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Porridge	Fried Rice	Kopia	Breakfast Pizza	Scrambled Eggs w/Rice
Fruit	Fruit	Fruit	Fruit	Fruit
Juice	Juice	Juice	Juice	Juice
Milk	Milk	Milk	Milk	Milk
Monday	Tuesday	Wednesday	Thursday	Friday
Pancake on a Stick	Sticky Rice w/Bacon	Mini Waffles	Scrambled Eggs w/Hashbrowns	Brown Rice w/Sausage
Fruit	Fruit	Fruit	Fruit	Fruit
Juice	Juice	Juice	Juice	Juice
Milk	Milk	Milk	Milk	Milk
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Porridge	Fried Rice	Kopia	Breakfast Pizza	Scrambled Eggs w/Rice
Fruit	Fruit	Fruit	Fruit	Fruit
Juice	Juice	Juice	Juice	Juice
Milk	Milk	Milk	Milk	Milk

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
Menu items can change without notice



Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Stir Fry	Chicken Patty	Pho	Corn Dogs	Chicken Alfredo
Brown Rice	Chips	Whole Grain Roll	Tater Tots	Whole Grain Roll
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables
Turkey & Ham Hoagie	Turkey & Ham Hoagie	Turkey & Ham Hoagie	Turkey & Ham Hoagie	Turkey & Ham Hoagie
Monday	Tuesday	Wednesday	Thursday	Friday
Pork Stir Fry	Walking Taco	Chicken Tenders	Hamburger Mac & Cheese	Chicken Laab
Brown Rice	Fresh Fruit	Fries	Whole Grain Roll	Brown Rice
Fresh Fruit	Fresh Vegetables	Fresh Fruit	Fresh Fruit	Fresh Fruit
Fresh Vegetables		Fresh Vegetables	Fresh Vegetables	Fresh Vegetables
Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich
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Monday	Tuesday	Wednesday	Thursday	Friday
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Monday	Tuesday	Wednesday	Thursday	Friday
Monday Mostaccioli	Tuesday Chicken Stir Fry w/Cabbage	Wednesday Chicken Curry Soup (Khao Poon)	Thursday Pepperoni & Cheese Pizza	Friday Sloppy Joe
Monday Mostaccioli Whole Grain Roll	Tuesday Chicken Stir Fry w/Cabbage Brown Rice	Wednesday Chicken Curry Soup (Khao Poon) Whole Grain Roll	Thursday Pepperoni & Cheese Pizza Fresh Fruit	Friday Sloppy Joe French Fries
Monday Mostaccioli Whole Grain Roll Fresh Fruit	Tuesday Chicken Stir Fry w/Cabbage Brown Rice Fresh Fruit	Wednesday Chicken Curry Soup (Khao Poon) Whole Grain Roll Fresh Fruit	Thursday Pepperoni & Cheese Pizza Fresh Fruit	Friday Sloppy Joe French Fries Fresh Fruit
Monday Mostaccioli Whole Grain Roll Fresh Fruit	Tuesday Chicken Stir Fry w/Cabbage Brown Rice Fresh Fruit	Wednesday Chicken Curry Soup (Khao Poon) Whole Grain Roll Fresh Fruit	Thursday Pepperoni & Cheese Pizza Fresh Fruit	Friday Sloppy Joe French Fries Fresh Fruit
Monday Mostaccioli Whole Grain Roll Fresh Fruit Fresh Vegetables	Tuesday Chicken Stir Fry w/Cabbage Brown Rice Fresh Fruit Fresh Vegetables	Wednesday Chicken Curry Soup (Khao Poon) Whole Grain Roll Fresh Fruit Fresh Vegetables	Thursday Pepperoni & Cheese Pizza Fresh Fruit Fresh Vegetables	Friday Sloppy Joe French Fries Fresh Fruit Fresh Vegetables
Monday Mostaccioli Whole Grain Roll Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Monday	Tuesday Chicken Stir Fry w/Cabbage Brown Rice Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Tuesday	Wednesday Chicken Curry Soup (Khao Poon) Whole Grain Roll Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Wednesday	Thursday Pepperoni & Cheese Pizza Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Thursday	Friday Sloppy Joe French Fries Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Friday
Monday Mostaccioli Whole Grain Roll Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie	Tuesday Chicken Stir Fry w/Cabbage Brown Rice Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie	Wednesday Chicken Curry Soup (Khao Poon) Whole Grain Roll Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie	Thursday Pepperoni & Cheese Pizza Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie	Friday Sloppy Joe French Fries Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie
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Monday Mostaccioli Whole Grain Roll Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Monday Beef Laab	Tuesday Chicken Stir Fry w/Cabbage Brown Rice Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Tuesday Walking Taco	Wednesday Chicken Curry Soup (Khao Poon) Whole Grain Roll Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Wednesday Pork & Cabbage Soup	Thursday Pepperoni & Cheese Pizza Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Thursday Grilled Cheese	Friday Sloppy Joe French Fries Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Friday Hmong Sausage
Monday Mostaccioli Whole Grain Roll Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Monday Beef Laab Brown Rice	Tuesday Chicken Stir Fry w/Cabbage Brown Rice Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Tuesday Walking Taco Fresh Fruit	Wednesday Chicken Curry Soup (Khao Poon) Whole Grain Roll Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Wednesday Pork & Cabbage Soup Brown Rice	Thursday Pepperoni & Cheese Pizza Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Thursday Grilled Cheese Tomato Soup	Friday Sloppy Joe French Fries Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Friday Hmong Sausage Brown Rice
Monday Mostaccioli Whole Grain Roll Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Monday Beef Laab Brown Rice Fresh Fruit	Tuesday Chicken Stir Fry w/Cabbage Brown Rice Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Tuesday Walking Taco Fresh Fruit	Wednesday Chicken Curry Soup (Khao Poon) Whole Grain Roll Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Wednesday Pork & Cabbage Soup Brown Rice Fresh Fruit	Thursday Pepperoni & Cheese Pizza Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Thursday Grilled Cheese Tomato Soup Fresh Fruit	Friday Sloppy Joe French Fries Fresh Fruit Fresh Vegetables Turkey & Ham Hoagie Friday Hmong Sausage Brown Rice Fresh Fruit

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