

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
Breakfast						
6	7	8	9	10	11	12
13	14 Staff Breakfast Professional Development	15 Professional Development	16 Professional Development	17 <u>Breakfast</u> - Sausage, egg, cheese Biscuit or -Parfait or - PB+J Milk - Fruit - Juice	18 <u>Breakfast</u> -Sausage, Biscuit & Gravy or - Cereal or - PB+J Milk - Fruit - Juice	19
20	21 <u>Breakfast</u> - Sausage, egg, cheese Biscuit or - Muffin & Sausage or - PB+J Milk - Fruit - Juice	22 <u>Breakfast</u> -Breakfast Pizza or -Breakfast Box or - PB+J Milk - Fruit - Juice	23 <u>Breakfast</u> - Pancake on a stick or - Breakfast Bar or - PB+J Milk - Fruit - Juice	24 <u>Breakfast</u> - Oatmeal & Toast or - Parfait or - PB+J Milk - Fruit - Juice	25 <u>Breakfast</u> -Sausage, Biscuit & Gravy or - Cereal or - PB+J Milk - Fruit - Juice	26
27	28 <u>Breakfast</u> -Pancakes and Sausage or - Cereal or - PB+J Milk - Fruit - Salad Bar	29 <u>Breakfast</u> - Chicken Biscuit or - Breakfast Box or - PB+J Milk - Fruit - Salad Bar	30 <u>Breakfast</u> - Breakfast Bowl or- Breakfast B - Mini Cinni or - PB+J Milk - Fruit - Salad Bar	31 <u>Breakfast</u> - Waffles or - Parfait or - PB+J Milk - Fruit - Salad Bar	1 <u>No School</u>	

Messages:
Lunch bills can be paid at the Cafeteria or Superintendents office during school hours or online at www.hulbertriders.net

Call Mary Longmire with any questions or concerns: 918-772-2501 x328
mlongmire@hulbertriders.net

Menu subject to change

Meal Prices:	
<u>Breakfast</u>	<u>Lunch</u>
Student - \$1.60	Student - \$2.35
Adult - \$2.30	Adult - \$4.75

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2	3	4	5	
		Lunch					
6	87	98	9	10	11	12	
13	14	15	16	17	18	19	
	Staff Breakfast Professional Development	Professional Development	Professional Development	<u>Lunch</u> - Pizza or - Chicken Nuggets or - Corn or - Side Salad - Hot Roll or - Breadstick Milk - Fruit - Salad Bar	<u>Lunch</u> - Hot Dog or - PB+J - French Fries or - Baked Beans - Whole Grain Chips or - Whole Grain Cookies Milk - Fruit - Salad Bar		
20	21	22	23	24	25	26	
	<u>Lunch</u> - Hamburger Steak or - Corn Dog - Mashed Potatoes or - French Fries - Whole Grain Bun or - Hot Roll Milk - Fruit - Salad Bar	<u>Lunch</u> - Taco Bowl or - Chicken Ramen Bowl - Fresh Carrots or - Broccoli Salad - Fruit Salsa w/ Pita Chips or - Caramel Apple Cup Milk - Fruit - Salad Bar	<u>Lunch</u> - Grilled Chicken Breast or - Sliced Turkey - Side Salad or - French Fries - Whole Grain Bun or - Hot Roll Milk - Fruit - Salad Bar	<u>Lunch</u> - Spaghetti w/ Meat Sauce or - Macaroni and Cheese - Corn or - Sweet Peas - Garlic Toast or - Hot Roll Milk - Fruit - Salad Bar	<u>Lunch</u> - Cheeseburger or - PB+J - Tater Tots or - Baked Beans - Frozen Jello Grapes or - Frozen Yogurt Banana Milk - Fruit - Salad Bar		
27	28	29	30	31	1		
	<u>Lunch</u> - Cheeseburger Macaroni or - Chicken Nuggets - Sweet Peas or - Carrots - Garlic Toast or - Hot Roll Milk - Fruit - Salad Bar	<u>Lunch</u> - Frito Chili Pie or - PB+J - Fiesta Corn or - Side Salad - Blueberry Oatmeal Bar or - Fruit Parfait Milk - Fruit - Salad Bar	<u>Lunch</u> - Grilled Chicken Breast or - Sliced Turkey - Side Salad or - Mixed Vegetables - Whole Grain Bun or - Hot Roll Milk - Fruit - Salad Bar	<u>Lunch</u> - Pizza or - PB+J - Corn or - Fresh Carrots - Frozen Jello Grapes or - Frozen Yogurt Banana Milk - Fruit - Salad Bar	<u>No School</u>		

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