



Hackett Elementary School 479.638.8606
Hackett High School 479.638.7003

#hornetpride



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



This institution is an equal opportunity provider.

Menu subject to change

Bkfst: Cereal, Toast, Fruit, Juice, Milk **5**
Lunch: Corn Dog, Tots, Carrots, Ranch, Fruit, Milk

Bkfst: Pancake on a Stick, Fruit, Juice, Milk **6**
Lunch: Tacos, Beans, Lettuce, Tomato Cups, Fruit, Milk

Bkfst: Yogurt Parfait, Juice, Milk **7**
Lunch: Chicken Nuggets, Potatoes, Peas, Fruit, Milk

Bkfst: Donut, Yogurt, Fruit, Juice, Milk **8**
Lunch: Rotini, Green Beans, Salad, Garlic Toast, Fruit, Milk

Bkfst: Biscuit, Sausage, Fruit, Juice, Milk **9**
Lunch: Pulled Pork Sandwich, Beans, Cole Slaw, Fruit, Milk

Bkfst: Cereal, Toast, Fruit, Juice, Milk **12**
Lunch: Potato Soup, Salad, Bread Stick, Fruit, Milk

Bkfst: French Toast, Sausage, Fruit, Juice, Milk **13**
Lunch: Fajitas, Corn, Pepper Strips, Graham Cracker, Fruit, Milk

Bkfst: Mini Donuts, Fruit, Juice, Milk **14**
Lunch: Chicken Fried Steak, Potatoes, Broccoli, Fruit, Milk

Bkfst: Cereal, Muffin, Fruit, Juice, Milk **15**
Lunch: Pizza, Salad, Mixed Veggies, Rice Treat, Fruit, Milk

Bkfst: Biscuit, Sausage, Fruit, Juice, Milk **16**
Lunch: Hamburger, Fries, Fruit, Milk

Bkfst: Cereal, Toast, Fruit, Juice, Milk **19**
Lunch: Hot Dog, Tots, Beans, Fruit, Milk

Bkfst: Pancakes, Sausage, Fruit, Juice, Milk **20**
Lunch: Nachos, Beans, Pepper Strips, Graham Cracker, Fruit, Milk

Bkfst: Yogurt Parfait, Juice, Milk **21**
Lunch: Beef Sticks, Potatoes, Peas, Fruit, Milk

Bkfst: Bkfst Burrito, Salsa, Fruit, Juice, Milk **22**
Lunch: Chicken Pot Pie, Salad, Carrots, Ranch, Fruit, Milk

Bkfst: Biscuit, Sausage, Fruit, Juice, Milk **23**
Lunch: Hamburger, Fries, Fruit, Milk

Bkfst: Cereal, Toast, Fruit, Juice, Milk **26**
Lunch: McRib Sandwich, Beans, Cole Slaw, Fruit, Milk

Bkfst: Pancake on a Stick, Fruit, Juice, Milk **27**
Lunch: Taco Soup, Chips, Salad, Cinnamon Roll, Fruit, Milk

Bkfst: Donut, Yogurt, Fruit, Juice, Milk **28**
Lunch: Chicken Nuggets, Potatoes, Broccoli, Fruit, Milk

Bkfst: Oatmeal, Toast, Fruit, Juice, Milk **29**
Lunch: Pizza, Salad, Mixed Veggies, Rice Treat, Fruit, Milk

Bkfst: Spider Webs & Dried Fruit Flies **30**
Lunch: Spooky Chicken, Ghoulish Green Beans, Whipped Slime, Goblin Drool, Fresh Eyeballs, Cold Potion Milk