



HES Menu for the week of  
October 19<sup>th</sup> - October 23<sup>rd</sup>

UPDATE: Meals are FREE for all students until December 31st!

**Monday:** Fruit yogurt/granola (Breakfast)  
Greek Wraps (Lunch)

**Tuesday:** Muffin (Breakfast)  
• Ham & Cheese Sandwich (Lunch)

**Wednesday:** Ham, Egg & Cheese Sandwich (Breakfast)  
• Buffalo Chicken Wrap (Lunch)

**Thursday:** Fruit Smoothie (Breakfast) - EARLY RELEASE (11AM)  
• Bagels with fruit/yogurt (Lunch)

**Friday:** Cereal (Breakfast)  
• Ham Salad Sandwich (Lunch)

Lunch options include a choice of salad, bagel or sandwich of the day.  
Milk (regular or chocolate) or orange juice are available with all meals.