



HES Menu for the week of  
October 5<sup>th</sup> - October 9<sup>th</sup>

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

**Monday:** Fruit Yogurt/granola (B)

- Ham Italian Style Sandwich (Lunch)

**Tuesday:** Muffin (B)

- Pulled Pork Burrito (Lunch)

**Wednesday:** Ham, Egg & Cheese Sandwich (B)

- Turkey Bacon Avocado Wrap (Lunch)

**Thursday:** Fruit Smoothie (B)

- Crispy Chicken Sandwich (Lunch)

**Friday:** Cereal (B)

- Egg Salad Sandwiches (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.