

BREAKFAST MENU - HESSTON USD 460

Menus are subject to change without notice.

The USDA is an equal opportunity provider and employer.

ES (GRADES K-4) OCTOBER 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	2 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	3 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk
6 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	7 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	8 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	9 Pancake saus.bites Yogurt cup Giant graham fish Fruit, juice & milk	10 NO SCHOOL
13 Ham/chs. Brk. bar Cereal Variety muffins Gogurt Fruit, juice & milk	14 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	15 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	16 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	17 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk
20 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	21 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	22 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	23 Pancake saus.bites Yogurt cup Giant graham fish Fruit, juice & milk	24 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk
27 Ham/chs. Brk. bar Cereal Variety muffins Gogurt Fruit, juice & milk	28 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	29 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	30 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	31 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk

ES LUNCH MENU - HESSTON USD 460

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ES (GRADES K-4) October 2025		DAILY OPTION: Cold Sack Lunch Starts Monday Oct. 6		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cheeseburger Chips Baked beans Broccoli w/ranch Fruit, milk	2 Orange chicken Fried rice Cucs w/ranch Fruit, Fortune Cookie,milk	3 Cheesebread stick Marinara cup Carrots w/ ranch Fruit, cookie milk
6 Mac / cheese Little smokies brdstk Peas Fruit, milk	7 P.cake saus. Sand. Potato Green beans Fruit Milk	8 Crispitos Refried beans Chips / salsa Fruit Milk	9 Chicken strips Potatoes Hot broccoli Snack crackers Fruit, milk	10 NO SCHOOL
13 Ham/cheese rollup Chips Broc w/ ranch Fruit Milk	14 Biscuits and Gravy Sausage Links Green Beans Fruit Milk	15 Tacos w/toppings Chips / salsa Corn Fruit Milk	16 Cheeseburgers Potato Baked beans Fruit Milk	17 Stromboli Marinara cup Carrots w/ranch Fruit Cookie, Milk
20 French toast sticks Sausage Potato Green Beans Fruit Milk	21 Beef fingers M.pot.w/gravy Broc. w/ranch Fruit Milk	22 Mac & Cheese Fish shapes Peas Celery w/ranch Fruit Milk	23 Crispitos Refried beans Chips / salsa Cucs w/ ranch Fruit Milk	24 Pepperoni brdstk Red pep. w/ ranch Fruit Cookie Milk
27 Sloppy joe tot bowl Chips Broc. w/ranch Fruit Milk	28 Chicken & waffles Potato Green beans Fruit Milk	29 Cheeseburger Chips Baked beans Fruit Milk	30 Chicken slider sand. Potato Peas Fruit Milk	31 Mummy Spooky "O's" Orange Toes Wiggles Monster cookie Ghost Slime

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MS/HS (GRADES 5-12) October 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	2 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	3 Biscuit & gravy Cereal Smoothie Variety nutrigr. Bar Fruit, juice & milk
6 Brk. sandwich Cereal Yogurt Variety nutrigr. Bar Fruit, juice & milk	7 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	8 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	9 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	10 NO SCHOOL
13 Brk. pizza Cereal Smoothie Variety muffins Fruit, juice & milk	14 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	15 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	16 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	17 Biscuit & gravy Cereal Smoothie Variety nutrigr. Bar Fruit, juice & milk
20 Brk. sandwich Cereal Yogurt Variety nutrigr. Bar Fruit, juice & milk	21 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	22 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	23 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	24 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk
27 Brk. pizza Cereal Smoothie Variety muffins Fruit, juice & milk	28 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	29 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	30 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	31 Biscuit & gravy Cereal Smoothie Variety nutrigr. Bar Fruit, juice & milk

MS/HS LUNCH MENU - HESSTON USD 460

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MS/HS (GRADES 5-12) October 2025		MS/HS DAILY OTHER OPTIONS Salad Bar Only, Cold Sack, or Entre' in Hot Merchandiser		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cheeseburger Chips Baked beans Fruit, veggies Milk	2 Orange chicken Fried rice Egg roll Fruit, veggies Fortune cookie Milk	3 Chicken sand. Potatoes Fruit, veggies Cookie Milk
6 Mac & cheese P.C. chicken Roll, Peas Fruit, veggies Milk	7 Croissant brk.Sand Potatoes Greenbeans Fruit, veggies Milk	8 Crispitos Refried beans Chips / salsa Fruit, veggies Milk	9 Chicken Tenders Potatoes Broccoli, Biscuit Fruit, veggies Milk	10 NO SCHOOL
13 BBQ Pork Rib Sand. Chips Fruit Veggies Milk	14 Breakfast Bowl Biscuit w/toppings Potatoes Green beans Fruit, veggies Milk	15 Taco Salad Bowl Corn Salsa Fruit, veggies Milk	16 Cheeseburgers Potatoes Baked beans Fruit, veggies Milk	17 Variety of Pizza Fruit, veggies Cookie Milk
20 French toast sticks Sausage Potatoes Green beans Fruit, veggies Milk	21 Country fried steak M.pot. w/ country Gravy Breadstick Fruit, veggies Milk	22 Mac & Cheese Corn dogs Peas Fruit, veggies Milk	23 Crispitos Refried beans Chips / salsa Fruit, veggies Milk	24 Stromboli Marinara cup Fruit Veggies Cookie Milk
27 Sloppy Joes Chips Corn Fruit, veggies Milk	28 Cheeseburgers Potatoes Baked beans Fruit, veggies Milk	29 Chicken & Waffles Potatoes Green Beans Fruit, Veggies Milk	30 Beef & cheddar Chips Peas Fruit, veggies Milk	31 Pork Carnitas Bowl Salsa Fruit Veggies Cookie Milk

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ES (GRADES K-4) November 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	4 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	5 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	6 Pancake saus. bites Yogurt cup Giant graham fish Fruit, juice & milk	7 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk
10 Ham/chs. Brk. bar Cereal Variety muffins Gogurt Fruit, juice & milk	11 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	12 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	13 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	14 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk
17 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	18 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	19 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	20 Pancake saus. bites Yogurt cup Giant graham fish Fruit, juice & milk	21 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk
24 Ham/chs. Brk. bar Cereal Variety muffins Gogurt Fruit, juice & milk	25 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL

ES LUNCH MENU - HESSTON USD 460

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ES (GRADES K-4) November 2025		DAILY OPTION: Cold Sack Lunch		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 P.cake saus.sand. Potato Peas Fruit Milk	4 Chicken bacon Loaded fries Green beans Snack crackers Fruit Milk	5 Gr. cheese sand. Tomato soup Carrots w/ ranch Fruit Milk	6 Crispitos Refried beans Chips / salsa Fruit Milk	7 Cheese pizza Broccoli w/ranch Fruit Cookie Milk
10 Pasta w/ rd. sauce Garlic toast Hot broccoli Fruit Milk	11 Chili Fritos & cheese Cinnamon roll Celery w/ ranch Fruit Milk	12 Cheeseburger Fries Baked beans Cucs w/ ranch Fruit Milk	13 Biscuit & gravy Sausage Potato Green beans Fruit milk	14 Pull aparts Rd. pep. w/ ranch Fruit Cookie Milk
17 Beefy mac&cheese Brdstk Calif. Blend veggie Fruit Milk	18 French toast sticks Sausage Potato Green beans Fruit Milk	19 Ched. potato soup Corndog bites Broccoli w/ ranch Fruit Milk	20 Crispitos Refried beans Chips / salsa Fruit Milk	21 Pepperoni pizza Carrots w/ ranch Cookie Milk
24 Sl. Turkey M.Potatoes w/gravy Corn Fruit Cookie	25 P.cake on a stick Potato Green beans Fruit Milk	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL

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MS/HS (GRADES 5-12) November 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Brk. sandwich Cereal Yogurt Variety nutrigr. Bar Fruit, juice & milk	4 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	5 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	6 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	7 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk
10 Brk. pizza Cereal Smoothie Variety muffins Fruit, juice & milk	11 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	12 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	13 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	14 Biscuit & gravy Cereal Smoothie Variety nutrigr. Bar Fruit, juice & milk
17 Brk. sandwich Cereal Yogurt Variety nutrigr. Bar Fruit, juice & milk	18 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	19 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	20 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	21 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk
24 Brk. pizza Cereal Smoothie Variety muffins Fruit, juice & milk	25 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL

MS/HS LUNCH MENU - HESSTON USD 460

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MS/HS (GRADES 5-12) November 2025		MS/HS DAILY OTHER OPTIONS Salad Bar Only, Cold Sack, or Entre' in Hot Merchandiser		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast sand. Potatoes Peas Fruit, veggies Milk	4 Chicken Bacon Loaded fries Green beans Roll Fruit, veggies Milk	5 Grilled cheese Tomato Soup Winter blend Fruit, veggies Milk	6 Crispitos Refried beans Chips / salsa Fruit, veggies Milk	7 Pizza Garlic sauce Fruit Veggies Cookie Milk
10 Country fried steak-H, variety of chicken-M M.Pot./gravy Fruit, veggies Milk	11 Chili Fritos & cheese Cinnamon roll Fruit, veggies Milk	12 Cheeseburger French fries Baked beans Fruit, veggies Milk	13 Biscuit & gravy Sausage Potatoes Fruit, veggies Milk	14 BBQ Beef sand. Chips Corn Fruit, veggies Cookie Milk
17 Baked Potato Bar Roll Fruit Veggies Milk	18 French Toast Sticks Sausage Potatoes Green beans Fruit, veggies Milk	19 Cheddar pot. Soup Corn dogs Fruit Veggies Milk	20 Crispitos Refried beans Chips / salsa Fruit, veggies Milk	21 Beef Stew Mini cornbread Fruit Veggies Cookie Milk
24 Sl. Turkey M. Potatoes/gravy Creamed Corn Fruit ,Cookie Milk	25 Brkfst Bowl Biscuit w/ toppings Green beans Fruit, veggies Milk	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL

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ES (GRADES K-4) December 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	2 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	3 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	4 Pancake saus. bites Yogurt cup Giant graham fish Fruit, juice & milk	5 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk
8 Ham/chs. Brk. bar Cereal Variety muffins Gogurt Fruit, juice & milk	9 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	10 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	11 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	12 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk
15 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	16 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	17 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	18 Pancake saus. bites Yogurt cup Giant graham fish Fruit, juice & milk	19 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk
22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL
29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL		

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ES (GRADES K-4) December 2025		DAILY OPTION: Cold Sack Lunch		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tacos w/ toppings Refried beans Chips / salsa Fruit Milk	2 Chicken & Noodles M. Potatoes Sweet corn Hushpuppies Carrots w/ ranch Fruit, Milk	3 Orange chicken Fried rice Cucs w/ranch Fruit Fortune cookie Milk	4 P. cake saus. Sand. Potato Green beans Fruit Milk	5 Cheese brdstk Marinara cup Broccoli w/ ranch Fruit Cookie Milk
8 Chicken & waffles Potatoes Green beans Fruit Milk	9 Mac & Cheese Little smokies Peas Snack crackers Fruit Milk	10 Beef nachos Refried beans Corn Salsa Churro Fruit, Milk	11 Beef & ched. Sand. Potato Broccoli w/ ranch Fruit Milk	12 Pizza crunchers Carrots w/ ranch Fruit Cookie Milk
15 P.cake saus.sand. Potato Peas Fruit Milk	16 Chicken bacon Loaded fries Green beans Snack crackers Fruit Milk	17 Crispitos Refried beans Chips / salsa Fruit Milk	18 Gr. cheese sand. Tomato soup Carrots w/ ranch Fruit Milk	19 Cheese pizza Broccoli w/ranch Fruit Cookie Milk
22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL
29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL		

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MS/HS GRADES 5-12 December 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Brk. sandwich Cereal Yogurt Variety nutrigr. Bar Fruit, juice & milk	2 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	3 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	4 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	5 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk
8 Brk. pizza Cereal Smoothie Variety muffins Fruit, juice & milk	9 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	10 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	11 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	12 Biscuit & gravy Cereal Smoothie Variety nutrigr. Bar Fruit, juice & milk
15 Brk. sandwich Cereal Yogurt Variety nutrigr. Bar Fruit, juice & milk	16 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	17 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	18 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	19 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk
22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL
29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL		

MS/HS LUNCH MENU - HESSTON USD 460

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MS/HS (GRADES 5-12) December 2025		MS/HS DAILY OTHER OPTIONS Salad Bar Only, Cold Sack, or Entre' in Hot Merchandiser		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tacos Refried beans Chips / salsa Fruit, veggies Milk	2 Chicken & Noodles M. Potatoes, Sweet Corn Hushpuppies Fruit, veggies Milk	3 Orange chicken Fried rice Stir fry veg. Eggroll Fruit, veggies Fortune cookie Milk	4 Pancakes Sausage Potatoes Green beans Fruit, veggies Milk	5 Chicken sandwich Chips Fruit, veggies Cookie Milk
8 Chicken & Waffles Potatoes Green beans Fruit, veggies Milk	9 BBQ Wing Rice Bowl Peas Fruit, veggies Milk	10 Beef Nachos Refried beans Corn Fruit, veggies Churro Milk	11 Beef & Ched. Sand Potatoes Roasted veggies Fruit Veggies Milk	12 Mac & Cheese Pulled Pork Sand. Chips Fruit, veggies Cookie Milk
15 Breakfast sand. Potatoes Peas Fruit, veggies Milk	16 Chicken Bacon Loaded fries Green beans Roll Fruit, veggies Milk	17 Crispitos Refried beans Chips / salsa Fruit, veggies Milk	18 Grilled cheese Tomato Soup Winter blend Fruit, veggies Milk	19 Pizza Garlic sauce Fruit Veggies Cookie Milk
22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL
29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL		

BREAKFAST MENU - HESSTON USD 460

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ES (GRADES K-4) January 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 NO SCHOOL	2 NO SCHOOL
5 NO SCHOOL	6 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	7 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	8 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	9 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk
12 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	13 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	14 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	15 Pancake saus. bites Yogurt cup Giant graham fish Fruit, juice & milk	16 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk
19 NO SCHOOL	20 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	21 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	22 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	23 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk
26 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	27 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	28 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	29 Pancake saus. bites Yogurt cup Giant graham fish Fruit, juice & milk	30 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk

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ES (GRADES K-4) January 2026		DAILY OPTION: Cold Sack Lunch		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 NO SCHOOL	2 NO SCHOOL
5 NO SCHOOL	6 Chili Fritos & cheese Cinnamon roll Celery w/ ranch Fruit Milk	7 Cheeseburger Fries Baked beans Cucs w/ ranch Fruit Milk	8 Biscuit & gravy Sausage Potato Green beans Fruit milk	9 Pull aparts Rd. pep. w/ ranch Fruit Cookie Milk
12 Beefy mac& cheese Brdstk Calif. Blend veggie Fruit Milk	13 French toast sticks Sausage Potato Green beans Fruit Milk	14 Ched. potato soup Corndog bites Broccoli w/ ranch Fruit Milk	15 Crispitos Refried beans Chips / salsa Fruit Milk	16 Pepperoni pizza Carrots w/ ranch Cookie Milk
19 NO SCHOOL	20 P.cake on a stick Potato Green beans Fruit Milk	21 Chicken rings Potato smiles Baked beans Snack crackers Fruit Milk	22 Mac & cheese Little smokies Breadstk. Broccoli w/ ranch Fruit Milk	23 Pepperoni brdstk. Marinara cup Fruit Cookie Milk
26 Tacos w/ toppings Refried beans Chips / salsa Fruit Milk	27 Chicken & Noodles M. Potatoes Sweet corn Hushpuppies Carrots w/ ranch Fruit, Milk	28 Orange chicken Fried rice Cucs w/ranch Fruit Fortune cookie Milk	29 P. cake saus. Sand. Potato Green beans Fruit Milk	30 Cheese brdstk Marinara cup Broccoli w/ ranch Fruit Cookie Milk

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MS/HS (GRADES 5-12) January 2026		MS/HS DAILY OTHER OPTIONS Salad Bar Only, Cold Sack, or Entre' in Hot Merchandiser		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 NO SCHOOL	2 NO SCHOOL
5 NO SCHOOL	6 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	7 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	8 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	9 Biscuit & gravy Cereal Smoothie Variety nutrigr. Bar Fruit, juice & milk
12 Brk. sandwich Cereal Yogurt Variety nutrigr. Bar Fruit, juice & milk	13 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	14 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	15 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	16 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk
19 NO SCHOOL	20 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	21 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	22 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	23 Biscuit & gravy Cereal Smoothie Variety nutrigr. Bar Fruit, juice & milk
26 Brk. sandwich Cereal Yogurt Variety nutrigr. Bar Fruit, juice & milk	27 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	28 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	29 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	30 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 NO SCHOOL	2 NO SCHOOL
5 NO SCHOOL	6 Chili Fritos & cheese Cinnamon roll Fruit, veggies Milk	7 Cheeseburger French fries Baked beans Fruit, veggies Milk	8 Biscuit & gravy Sausage Potatoes Fruit, veggies Milk	9 BBQ Beef sand. Chips Corn Fruit, veggies Cookie Milk
12 Baked Potato Bar Roll Fruit Veggies Milk	13 French Toast Sticks Sausage Potatoes Green beans Fruit, veggies Milk	14 Cheddar pot. Soup Corn dogs Fruit Veggies Milk	15 Crispitos Refried beans Chips / salsa Fruit, veggies Milk	16 Beef Stew Mini cornbread Fruit Veggies Cookie Milk
19 NO SCHOOL	20 Brkfst Bowl Biscuit w/ toppings Green beans Fruit, veggies Milk	21 Chicken Tortilla Soup, Fritos & Cheese Fruit, veggies Churro, Milk	22 Mac & Cheese Wings Peas Roll Fruit, veggies Milk	23 DBL Ch. Burgers Baked beans Chips Fruit, veggies Cookie, Milk
26 Tacos Refried beans Chips / salsa Fruit, veggies Milk	27 Chicken & Noodles M. Potatoes, Sweet Corn Hushpuppies Fruit, veggies Milk	28 Orange chicken Fried rice Stir fry veg. Eggroll Fruit, veggies Fortune cookie Milk	29 Pancakes Sausage Potatoes Green beans Fruit, veggies Milk	30 Chicken sandwich Chips Fruit, veggies Cookie Milk

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ES (GRADES K-4) February 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham/chs. Brk. bar Cereal Variety muffins Gogurt Fruit, juice & milk	3 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	4 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	5 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	6 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk
9 NO SCHOOL	10 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	11 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	12 Pancake saus. bites Yogurt cup Giant graham fish Fruit, juice & milk	13 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk
16 Ham/chs. Brk. bar Cereal Variety muffins Gogurt Fruit, juice & milk	17 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	18 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	19 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	20 NO SCHOOL
23 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	24 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	25 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	26 Pancake saus. bites Yogurt cup Giant graham fish Fruit, juice & milk	27 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk

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ES (GRADES K-4) February 2026		DAILY OPTION: Cold Sack Lunch		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken & waffles Potatoes Green beans Fruit Milk	3 Mac & Cheese Little smokies Peas Snack crackers Fruit Milk	4 Beef nachos Refried beans Corn Salsa Churro Fruit, Milk	5 Beef & ched. Sand. Potato Broccoli w/ ranch Fruit Milk	6 Pizza crunchers Carrots w/ ranch Fruit Cookie Milk
9 NO SCHOOL	10 Chicken bacon Loaded fries Green beans Snack crackers Fruit Milk	11 Crispitos Refried beans Chips / salsa Fruit Milk	12 Gr. cheese sand. Tomato soup Carrots w/ ranch Fruit Milk	13 Cheese pizza Broccoli w/ranch Fruit Cookie Milk
16 Pasta w/ rd. sauce Garlic toast Hot broccoli Fruit Milk	17 Chili Fritos & cheese Cinnamon roll Celery w/ ranch Fruit Milk	18 Cheeseburger Fries Baked beans Cucs w/ ranch Fruit Milk	19 Biscuit & gravy Sausage Potato Green beans Fruit milk	20 NO SCHOOL
23 Beefy mac&cheese Brdstk Calif. Blend veggie Fruit Milk	24 French toast sticks Sausage Potato Green beans Fruit Milk	25 Ched. potato soup Corndog bites Broccoli w/ ranch Fruit Milk	26 Crispitos Refried beans Chips / salsa Fruit Milk	27 Pepperoni pizza Carrots w/ ranch Cookie Milk

***A COLD SACK OPTION IS AVAILABLE AT ALL SCHOOLS DURING LENT
ON FRIDAYS.***

BREAKFAST MENU - HESSTON USD 460

*Menus are subject to change without notice.
The USDA is an equal opportunity provider and employer.*

MS/HS (GRADES 5-12) February 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Brk. pizza Cereal Smoothie Variety muffins Fruit, juice & milk	3 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	4 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	5 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	6 Biscuit & gravy Cereal Smoothie Variety nutrigr. Bar Fruit, juice & milk
9 NO SCHOOL	10 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	11 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	12 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	13 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk
16 Brk. pizza Cereal Smoothie Variety muffins Fruit, juice & milk	17 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	18 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	19 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	20 NO SCHOOL
23 Brk. sandwich Cereal Yogurt Variety nutrigr. Bar Fruit, juice & milk	24 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	25 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	26 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	27 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk

MS/HS LUNCH MENU - HESSTON USD 460

*Menus are subject to change without notice.
The USDA is an equal opportunity provider and employer.*

MS/HS (GRADES 5-12) February 2026		MS/HS DAILY OTHER OPTIONS Salad Bar Only, Cold Sack, or Entre' in Hot Merchandiser		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken & Waffles Potatoes Green beans Fruit, veggies Milk	3 BBQ Wing Rice Bowl Peas Fruit, veggies Milk	4 Beef Nachos Refried beans Corn Fruit, veggies Churro Milk	5 Beef & Ched. Sand Potatoes Roasted veggies Fruit Veggies Milk	6 Mac & Cheese Pulled Pork Sand. Chips Fruit, veggies Cookie Milk
9 NO SCHOOL	10 Chicken Bacon Loaded fries Green beans Roll Fruit, veggies Milk	11 Crispitos Refried beans Chips / salsa Fruit, veggies Milk	12 Grilled cheese Tomato Soup Winter blend Fruit, veggies Milk	13 Pizza Garlic sauce Fruit Veggies Cookie Milk
16 Chicken Ramen Bowl Eggroll Fruit, veggies Milk	17 Chili Fritos & cheese Cinnamon roll Fruit, veggies Milk	18 Cheeseburger French fries Baked beans Fruit, veggies Milk	19 Biscuit & gravy Sausage Potatoes Fruit, veggies Milk	20 BBQ Beef sand. Chips Corn Fruit, veggies Cookie Milk
23 Baked Potato Bar Roll Fruit Veggies Milk	24 French Toast Sticks Sausage Potatoes Green beans Fruit, veggies Milk	25 Cheddar pot. Soup Corn dogs Fruit Veggies Milk	26 Crispitos Refried beans Chips / salsa Fruit, veggies Milk	27 Beef Stew Mini cornbread Fruit Veggies Cookie Milk

A COLD SACK OPTION IS AVAILABLE AT ALL SCHOOLS DURING LENT ON FRIDAYS.

BREAKFAST MENU - HESSTON USD 460

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ES (GRADES K-4)) March 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham/chs. Brk. bar Cereal Variety muffins Gogurt Fruit, juice & milk	3 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	4 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	5 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	6 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk
9 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	10 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	11 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	12 Pancake saus.bites Yogurt cup Giant graham fish Fruit, juice & milk	13 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk
16 NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL
23 Ham/chs. Brk. bar Cereal Variety muffins Gogurt Fruit, juice & milk	24 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	25 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	26 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	27 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk
30 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	31 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk			

ES LUNCH MENU - HESSTON USD 460

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The USDA is an equal opportunity provider and employer.*

ES (GRADES K-4) March 2026		DAILY OPTION: Cold Sack Lunch		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 PC. Chicken Bowl Corn Garlic knot Fruit Milk	3 P.cake on a stick Potato Green beans Fruit Milk	4 Chicken rings Potato smiles Baked beans Snack crackers Fruit Milk	5 Mac & cheese Little smokies Breadstk. Broccoli w/ ranch Fruit Milk	6 Pepperoni brdstk. Marinara cup Fruit Cookie Milk
9 Tacos w/ toppings Refried beans Chips / salsa Fruit Milk	10 Chicken & Noodles M. Potatoes Sweet corn Hushpuppies Carrots w/ ranch Fruit, Milk	11 Orange chicken Fried rice Cucs w/ranch Fruit Fortune cookie Milk	12 P. cake saus. Sand. Potato Green beans Fruit Milk	13 Cheesebrdstk Marinara cup Broccoli w/ ranch Fruit Cookie Milk
16 NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL
23	24	25	26	27
30	31			

***A COLD SACK OPTION IS AVAILABLE AT ALL SCHOOLS DURING LENT
ON FRIDAYS.***

BREAKFAST MENU - HESSTON USD 460

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The USDA is an equal opportunity provider and employer.*

MS/HS (GRADES 5-12) March 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Brk. pizza Cereal Smoothie Variety muffins Fruit, juice & milk	3 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	4 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	5 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	6 Biscuit & gravy Cereal Smoothie Variety nutrigr. Bar Fruit, juice & milk
9 Brk. sandwich Cereal Yogurt Variety nutrigr. Bar Fruit, juice & milk	10 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	11 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	12 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	13 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk
16 NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL
23 Brk. pizza Cereal Smoothie Variety muffins Fruit, juice & milk	24 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	25 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	26 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	27 Biscuit & gravy Cereal Smoothie Variety nutrigr. Bar Fruit, juice & milk
30 Brk. sandwich Cereal Yogurt Variety nutrigr. Bar Fruit, juice & milk	31 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk			

MS/HS LUNCH MENU - HESSTON USD 460

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MS/HS (GRADES 5-12) March 2026		MS/HS DAILY OTHER OPTIONS Salad Bar Only, Cold Sack, or Entre' in Hot Merchandiser		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 P.C. Chicken Bowl Garlic Knot Fruit Veggies Milk	3 Brkfst Bowl Biscuit w/ toppings Green beans Fruit, veggies Milk	4 Chicken Tortilla Soup, Fritos & Cheese Fruit, veggies Churro, Milk	5 Mac & Cheese Wings Peas Roll Fruit, veggies Milk	6 DBL Ch. Burgers Baked beans Chips Fruit, veggies Cookie, Milk
9 Tacos Refried beans Chips / salsa Fruit, veggies Milk	10 Chicken & Noodles M. Potatoes, Sweet Corn Hushpuppies Fruit, veggies Milk	11 Orange chicken Fried rice Stir fry veg. Eggroll Fruit, veggies Fortune cookie Milk	12 Pancakes Sausage Potatoes Green beans Fruit, veggies Milk	13 Chicken sandwich Chips Fruit, veggies Cookie Milk
16	17	18	19	20
23	24	25	26	27
30	31			

***A COLD SACK OPTION IS AVAILABLE AT ALL SCHOOLS DURING LENT
ON FRIDAYS.***

BREAKFAST MENU - HESSTON USD 460

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ES (GRADES K-4) April 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	2 Pancake saus.bites Yogurt cup Giant graham fish Fruit, juice & milk	3 NO SCHOOL
6 NO SCHOOL	7 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	8 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	9 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	10 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk
13 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	14 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	15 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	16 Pancake saus.bites Yogurt cup Giant graham fish Fruit, juice & milk	17 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk
20 Ham/chs. Brk. bar Cereal Variety muffins Gogurt Fruit, juice & milk	21 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	22 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	23 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	24 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk
27 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	28 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	29 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	30 Pancake saus.bites Yogurt cup Giant graham fish Fruit, juice & milk	

ES LUNCH MENU HESSTON USD 460

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ES (GRADES K-4) April 2026		DAILY OPTION: Cold Sack Lunch		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3 NO SCHOOL
6 NO SCHOOL	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	LAST DAY OF COLD SACK OPTION IS APRIL 24

***** APRIL 2 IS NATIONAL PB &J DAY, SO WE HAVE CHANGED OUR MENU.
THERE WILL BE A TURKEY AND CHEESE OPTION FOR ALLERGIES

BREAKFAST MENU - HESSTON USD 460

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MS/HS (GRADES 5-12) April 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	2 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	3 NO SCHOOL
6 NO SCHOOL	7 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	8 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	9 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	10 Biscuit & gravy Cereal Smoothie Variety nutigr. Bar Fruit, juice & milk
13 Brk. sandwich Cereal Yogurt Variety nutigr. Bar Fruit, juice & milk	14 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	15 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	16 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	17 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk
20 Brk. pizza Cereal Smoothie Variety muffins Fruit, juice & milk	21 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	22 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	23 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	24 Biscuit & gravy Cereal Smoothie Variety nutigr. Bar Fruit, juice & milk
27 Brk. sandwich Cereal Yogurt Variety nutigr. Bar Fruit, juice & milk	28 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	29 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	30 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	

MS/HS LUNCH MENU - HESSTON USD 460

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MS/HS (GRADES 5-12) April 2025		MS/HS DAILY OTHER OPTIONS Salad Bar Only, Cold Sack, or Entre' in Hot Merchandiser		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	LAST DAY COLD SACK OPTION APRIL 24

BREAKFAST MENU - HESSTON USD 460

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ES (Grades K-4) May 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk
4 Ham/chs. Brk. bar Cereal Variety muffins Gogurt Fruit, juice & milk	5 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	6 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	7 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	8 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk
11 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	12 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	13 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	14 Pancake saus.bites Yogurt cup Giant graham fish Fruit, juice & milk	15 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk
18 Ham/chs. Brk. bar Cereal Variety muffins Gogurt Fruit, juice & milk	19 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	20 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	21 Have a great Summer!	22
25	26	27	28	29

ES LUNCH MENU - HESSTON USD 460

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ES (Grades K-4) May 2026		DAILY OPTION: Cold Sack Lunch Ends 4/24		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21 Have a great summer!	22
25	26	27	28	29

BREAKFAST MENU - HESSTON USD 460

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MS/HS (GRADES 5-12) May 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk
4 Brk. pizza Cereal Smoothie Variety muffins Fruit, juice & milk	5 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	6 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	7 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	8 Biscuit & gravy Cereal Smoothie Variety nutrigr. Bar Fruit, juice & milk
11 Brk. sandwich Cereal Yogurt Variety nutrigr. Bar Fruit, juice & milk	12 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	13 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	14 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	16 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk
18 Brk. pizza Cereal Smoothie Variety muffins Fruit, juice & milk	19 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	20 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	21 Have a great summer!	22
25	26	27	28	29

MS/HS LUNCH MENU - HESSTON USD 460

*Menus are subject to change without notice.
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MS/HS (Grades 5-12) May 2026		MS/HS DAILY OTHER OPTIONS Salad Bar Only, Cold Sack, or Entre' in Hot Merchandiser		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21 Have a great summer!	22
25	26	27	28	29

BREAKFAST MENU - HESSTON USD 460

*Menus are subject to change without notice.
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ES (Grades K-4) Blank				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

ES LUNCH MENU - HESSTON USD 460

*Menus are subject to change without notice.
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ES (Grades K-4) Blank		DAILY OPTION: Cold Sack Lunch		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

BREAKFAST MENU - HESSTON USD 460

*Menus are subject to change without notice.
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MS/HS (GRADES 5-12) Blank				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

MS/HS LUNCH MENU - HESSTON USD 460

*Menus are subject to change without notice.
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MS/HS (Grades 5-12) Blank		MS/HS DAILY OTHER OPTIONS Salad Bar Only, Cold Sack, or Entre' in Hot Merchandiser		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

BREAKFAST MENU - HESSTON USD 460

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ES (GRADES K-4) AUGUST 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 ENROLLMENT
4	5	6	7	8
11	12	13 WELCOME BACK!	14 Pancake saus.bites Yogurt cup Giant graham fish Fruit, juice & milk	15 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk
18 Ham/chs. Brk. bar Cereal Variety muffins Gogurt Fruit, juice & milk	19 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	20 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	21 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	22 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk
25 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	26 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	27 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	28 Pancake saus. bites Yogurt cup Giant graham fish Fruit, juice & milk	29 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk

ES LUNCH MENU - HESSTON USD 460

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ES (GRADES K-4) August 2025		DAILY OPTION: Cold Sack Lunch Will Start in October		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 ENROLLMENT
4	5	6	7	8
11	12	13 WELCOME BACK!	14 ½ DAY PB&J Cheese stick Chips Veggie, Fruit, Milk	15 Pizza crunchers Carrots w/ranch Fruit Cookie Milk
18 Beefy mac/cheese Garlic toast Peas & carrots Fruit Milk	19 Chicken rings M.potatoes w/gravy Brdstk, corn Fruit Milk	20 Cheeseburger Chips Baked beans Broccoli w/ranch Fruit, milk	21 Orange chicken Fried rice Cucs w/ranch Fruit, Fortune Cookie, milk	22 Cheese bread stick Marinara cup Carrots w/ ranch Fruit, cookie milk
25 Mac / cheese Little smokies brdstk Peas Fruit, milk	26 P.cake saus. Sand. Potato Green beans Fruit Milk	27 Crispitos Refried beans Chips / salsa Fruit Milk	28 Chicken strips Potatoes Hot broccoli Snack crackers Fruit, milk	29 Cheese pizza Rd. pep. w/ ranch Fruit Cookie Milk

BREAKFAST MENU - HESSTON USD 460

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MS/HS (GRADES 5-12) AUGUST 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 ENROLLMENT
4	5	6	7	8
11	12	13 WELCOME BACK!	14 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	15 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk
18 Brk. pizza Cereal Smoothie Variety muffins Fruit, juice & milk	19 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	20 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	21 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	22 Biscuit & gravy Cereal Smoothie Variety nutrigr. Bar Fruit, juice & milk
25 Brk. sandwich Cereal Yogurt Variety nutrigr. Bar Fruit, juice & milk	26 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	27 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	28 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	29 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk

MS/HS LUNCH MENU - HESSTON USD 460

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MS/HS (GRADES 5-12) August 2025		MS/HS DAILY OTHER OPTIONS Salad Bar Only, Cold Sack, or Entre' in Hot Merchandiser		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 ENROLLMENT
4	5	6	7	8
11	12	13 WELCOME BACK!	14 ½ DAY Cold Sack Lunch For MS No Lunch for HS	15 Crispitos Refried beans Chips /salsa Fruit, veggies Milk
18 Lasagna roll ups Garlic toast Peas & carrots Fruit, veggies Milk	19 Chicken wings Loaded m. pot. Corn, biscuit Fruit, veggies milk	20 Cheeseburger Chips Baked beans Fruit, veggies Milk	21 Sweet/Sour Chicken Fried rice Egg roll Fruit, veggies Fortune cookie Milk	22 Chicken sand. Potatoes Fruit, veggies Cookie Milk
25 Mac & cheese P.C. chicken Roll, Peas Fruit, veggies Milk	26 Pizza quesadillas Salsa Fruit, veggies Milk	27 Crispitos Refried beans Chips / salsa Fruit, veggies Milk	28 Chicken Tenders Potatoes Broccoli, Biscuit Fruit, veggies Milk	29 Croissant brk.Sand Potatoes Greenbeans Fruit, veggies Cookie, milk

BREAKFAST MENU - HESSTON USD 460

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ES (K-4th Grades) September 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO SCHOOL	2 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	3 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	4 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	5 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk
8 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	9 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	10 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	11 Pancake saus. bites Yogurt cup Giant graham fish Fruit, juice & milk	12 Biscuit & gravy Cereal Variety sl. Breads Gogurt Fruit, juice & milk
15 NO SCHOOL	16 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk	17 Cinnamon roll Cereal Variety sl. Breads Gogurt Fruit, juice & milk	18 Pancake saus. sand Yogurt cup Giant graham fish Fruit, juice & milk	19 Biscuit & gravy Cereal Variety poptarts Gogurt Fruit, juice & milk
22 Brk. pizza Cereal Variety nutrigr. Bar Gogurt Fruit, juice & milk	23 Variety pancakes Yogurt cups Giant graham fish Fruit, juice & milk	24 Donuts Cereal Variety muffins Gogurt Fruit, juice & milk	25 NO SCHOOL	26 NO SCHOOL
29 Ham/chs. Brk. bar Cereal Variety muffins Gogurt Fruit, juice & milk	30 Variety waffles Yogurt cup Giant graham fish Fruit, juice & milk			

ES LUNCH MENU - HESSTON USD 460

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ES (K-4 GRADES) September 2025		DAILY OPTION: Cold Sack Lunch Will Start in October		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO SCHOOL	2 P.coke on stick Potatoes Green Beans Fruit Milk	3 Tacos w/toppings Chips / salsa Corn Fruit Milk	4 Cheeseburgers Potato Baked beans Fruit Milk	5 Stromboli Marinara cup Carrots w/ranch Fruit Cookie, Milk
8 French toast sticks Sausage Potato Green Beans Fruit Milk	9 Beef fingers M.pot.w/gravy Broc. w/ranch Fruit Milk	10 Mac & Cheese Fish shapes Peas Celery w/ranch Fruit Milk	11 Crispitos Refried beans Chips / salsa Cucs w/ ranch Fruit Milk	12 Pepperoni brdstk Red pep. w/ ranch Fruit Cookie Milk
15 NO SCHOOL	16 Chicken & waffles Potato Green beans Fruit Milk	17 Cheeseburger Chips Baked beans Fruit Milk	18 Chicken Sliders Potato Peas Fruit Milk	19 Pizza Carrots w/ ranch Fruit Cookie Milk
22 Pasta w/ rd.sauce Brdstk Cucs w/ranch Fruit Milk	23 Crispitos Refried beans Chips / salsa Fruit Milk	24 Hot dogs Potatoes Broc. w/cheese Fruit Milk	25 NO SCHOOL	26 NO SCHOOL
29 Beefy mac/cheese Garlic toast Peas & carrots Fruit Milk	30 Chicken rings M.potatoes w/gravy Brdstk, corn Fruit Milk			

BREAKFAST MENU - HESSTON USD 460

*Menus are subject to change without notice.
The USDA is an equal opportunity provider and employer.*

MS/HS (GRADES 5-12) September 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO SCHOOL	2 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	3 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	4 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	5 Biscuit & gravy Cereal Smoothie Variety nutrigr. Bar Fruit, juice & milk
8 Brk. sandwich Cereal Yogurt Variety nutrigr. Bar Fruit, juice & milk	9 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	10 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	11 Brk. pinwheel Cereal Smoothie Variety muffins Fruit, juice & milk	12 Biscuit & gravy Cereal Yogurt Variety poptarts Fruit, juice & milk
15 NO SCHOOL	16 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk	17 Cinn.roll w/brk bar Cereal Smoothie Variety poptart Fruit, juice & milk	18 Brk. Taco Cereal Yogurt Variety sl. Bread Fruit, juice & milk	19 Biscuit & gravy Cereal Smoothie Variety nutrigr. Bar Fruit, juice & milk
22 Brk. sandwich Cereal Yogurt Variety nutrigr. Bar Fruit, juice & milk	23 Saus,egg ch link w/ Tater tots Cereal Smoothie Variety muffin Fruit, juice & milk	24 Donuts Cereal Yogurt Variety sl. Breads Fruit, juice & milk	25 NO SCHOOL	26 NO SCHOOL
29 Brk. pizza Cereal Smoothie Variety muffins Fruit, juice & milk	30 Brk. burrito Cereal Yogurt Variety sl. Breads Fruit, juice & milk			

MS/HS LUNCH MENU - HESSTON USD 460

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MS/HS (GRADES 5-12) September 2025		MS/HS DAILY OTHER OPTIONS Salad Bar Only, Cold Sack, or Entre' in Hot Merchandiser		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO SCHOOL	2 Breakfast Bowl Biscuit w/toppings Potatoes Green beans Fruit, veggies Milk	3 Taco Salad Bowl Corn Salsa Fruit, veggies Milk	4 Cheeseburgers Potatoes Baked beans Fruit, veggies Milk	5 Stromboli Marinara cup Fruit, veggies Cookie Milk
8 French toast sticks Sausage Potatoes Green beans Fruit, veggies Milk	9 Country fried steak M.pot. w/ country Gravy Breadstick Fruit, veggies Milk	10 Mac & Cheese Corn dogs Peas Fruit, veggies Milk	11 Crispitos Refried beans Chips / salsa Fruit, veggies Milk	12 Pizza Fruit Veggies Cookie Milk
15 NO SCHOOL	16 Chicken & Waffles Potatoes Green beans Fruit, veggies Milk	17 Cheeseburgers Chips Baked beans Fruit, veggies Milk	18 BBQ Pork Rib Sand. Potatoes Peas Fruit, veggies Milk	19 Pork Carnitas Bowl Salsa Fruit Veggies Cookie Milk
22 Pasta w/ rd. sauce Roll Peas Fruit, veggies Milk	23 Crispitos Refried beans Chips / salsa Fruit, veggies Milk	24 Hot dog Bar Chips Fruit Veggies Milk	25 NO SCHOOL	26 NO SCHOOL
29 Lasagna roll ups Garlic toast Peas & carrots Fruit, veggies Milk	30 Chicken wings Loaded m. pot. Corn, biscuit Fruit, veggies milk			