

# HAYAH-MS & HS MENU



## Fresh Baked Regular Bagels

Plain, Sesame, Onion, Cinnamon Crunch  
with Cream Cheese  
Flavored Cream Cheese

## Fresh Baked Specialty Bagels

Cinnamon Raisin, Chocolate, Whole Wheat, Multi  
Grain and Olive  
Flavored Cream Cheese



## Bagel Sandwiches with your choice of Bagel

Cucumber & Cream Cheese  
Smoked Turkey or Salami & Cream Cheese  
Smoked Turkey or Salami & Cheddar  
Tuna with Mixed Vegetables  
Egg Omelet Cheddar  
Egg Omelet Turkey or Basterma & Cheddar  
Sub Sandwich Smoked Turkey, Salami & Cheddar

## Healthy Choices and Wraps

Veggie Wrap - Fresh Vegetables with Ranch Dressing  
Tuna Wrap with Mixed Fresh Vegetables  
Turkey Cheese Wrap with Mixed Vegetables  
Breakfast Burrito with Salsa and Cheddar Cheese

## Hot Items & Sandwiches

Grilled Cheese Sandwich  
Grilled Cheese Turkey or Basterma  
Cheese Quesadilla, Pepper Jack & Cheddar with Salsa  
Turkey Quesadilla, Pepper Jack & Cheddar, Salsa  
Chicken Quesadilla with Pepper Jack & Cheddar, Salsa  
Cheese Pizza Bagel  
Nachos With Salsa or Cheese Sauce  
Olive Bread

## Small Salads Rotation

Viggie Sticks with Dip  
Potato Salad with Hard Boiled Egg  
Coleslaw Salad  
Green Peas Salad



## Beverages

Fresh Squeezed Orange Juice  
Fresh Squeezed Mint Lemonade  
Sobia  
Hibiscus  
Juice Box or Milk Box  
Water



## Snacks

Granola Bar  
Energy Granola Bar  
Small Energy Granola Bar  
Yogurt & Granola Cup  
Yogurt & Granola Cup with Honey  
Muffins - Whole Wheat Banana, Lemon or Carrot  
Muffin - Carrot with Frosting  
Carrot Cake with Cream Cheese Frosting  
Marble Pound Cake  
Cookies - Oatmeal, Gingersnap, Snicker  
Doodle or Chocolate Chips  
Cheesecake Cup  
Rice Pudding  
Dark Delight Pudding  
Milk Tart  
Popcorn  
Belgian Waffle on Stick  
Belgian Waffle with Honey  
Belgian Waffle with Chocolate ( Thursday )  
Brownies ( Thursday )  
Gluten Free Date Balls



## Hot Specials Rotation

Grilled Chicken Breast  
Grilled Chicken Breast Wrap  
Grilled Chicken Breast Sandwich with Lettuce & Tomato  
Grilled Chicken Breast Wrap with Lettuce & Tomato  
Beef Burger With Lettuce & Tomato  
Beef Burger Wrap With Lettuce & Tomato  
Chicken BBQ Sauce  
Beef Shawerma  
Chicken Kofta  
Hawawshey  
Sloppy Joe on a Bun  
Chicken Panee

## Hot Specials Meals Rotation

Chicken Tender with Pepper Sauce & Rice  
Popeye Chicken with Spinach  
Chicken Kofta With Oriental Rice & Veggies  
Beef Strips With Pepper Sauce  
Shish Kebab with Rice  
Molokhia with Chicken & Rice  
Spaghetti Tomato sauce & Chicken Panee  
Spaghetti Bolognese  
Chili With Rice  
Mac & Cheese  
Mashed Potatoes