

Heritage Elementary School



Free Breakfast, and Fresh Fruit and Salad Bar Daily in the Cafeteria!!

Apply Funds to your Child's lunch Account at www.myschoolbucks.com



October Menu

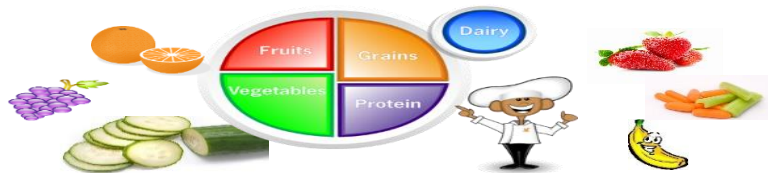
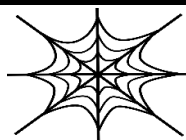
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Apple Frudel Apple Sauce / Raisins Chicken Quesadilla Sloppy Joes Baked Potato Wedges	Banana Loaf Juice / Craisins ! Grilled Cheese Beefy Tomato Goulash BBQ Baked Beans	Blue Berry Muffin Banana Ranchero Chicken Apple Sauce Mixed Veggies	Honey Bun Raisins / Juice Cheese Burger Mixed Fruit Sweet Peas / Corn	NO SCHOOL!
9	10	11	12	13

NO SCHOOL - HAPPY FALL BREAK !!



16	17	18	19	20
Cereal Bar Apple Sauce / Raisin Hot Ham/Chs Bun Chicken Noodle Bake Tater Tots	Cinnamon UBR Juice / Craisins Orange Chicken Bowl Hot Dog Fiesta Beans	Vanilla DUNKER Banana Chicken Smackers Vegetable Medley Apple Sauce	Strawberry Bagel Raisins / Juice Rotini & Meat Sauce BBQ Chicken Sandwich Carrot Coins	Apple Loaf Red Delicious Apple Fish Stix Chili Mac & Cheese Steamed Broccoli
23	24	25	26	27
Cherry Frudel Apple Sauce / Raisin Crispy Clucker Beefy Quesadilla Baked Curly Fries	Strawberry Chex Mix Juice / Craisins ! Chicken Fajitas Deli Sub Refried Beans	Cinnamon Bagel Banana Tony's Pizza !! Green Beans Mixed Fruit	Coco Dot Muffin Raisins / Juice BBQ Chicken & Roll Mini Ravioli Sweet Potato Fries	Super Donut ! Gala Apple Shrimp Poppers Chick'n Mash Tater Bowl Steamed Broccoli
29	30			
Mini Donuts Apple Sauce / Raisin Chicken Tenders Baked Mozzarella Roasted Corn	Apple Frudel Juice / Craisins ! Homemade Chili Bowl Cheeseburger BBQ Beans			

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