

# Heritage Elementary School



## September Menu

Free breakfast daily! In addition to menu items, we offer choice of 1% FF white or FF flavored milk, cheese sticks, craisins, raisins, hard-boiled eggs, and yogurt!

Apply funds to your child's lunch account at [www.myschoolbucks.com](http://www.myschoolbucks.com).

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

Apply for free or reduced lunches at [HESGLENDALE.HEARTLANDAPPS.com](http://HESGLENDALE.HEARTLANDAPPS.com) from your computer OR any smart phone!

**MY HEALTHY CHECKLIST**

BASED ON 1,800 CALORIES PER DAY

<p><b>3</b></p>	<p><b>4</b></p> <p>Cinnamon UBR 100% Fruit Juice</p> <p><b>Crunchy Beef Tacos</b> <b>Soft Pretzel w/ Cheese</b> <b>Fiesta Beans</b></p>	<p><b>5</b></p> <p>Cinnamon Apple Loaf Grapes</p> <p><b>Tony's Pizza!</b> <b>Green Beans</b> <b>Fruit Cup</b></p>	<p><b>6</b></p> <p>Apple Frudel Apple Slices</p> <p><b>Mesquite Chicken</b> <b>Pulled Pork Sandwich</b> <b>Sweet Potato Fries</b></p>	<p><b>7</b></p> <p>Coco Dot Muffin 100% Fruit Juice</p> <p><b>Buffalo Calzone</b> <b>Shrimp Poppers</b> <b>Steamed Broccoli</b></p>
<p><b>10</b></p> <p>Cereal Bar Gala Apple</p> <p><b>Hot Ham &amp; Cheese Bun</b> <b>Chicken Smackers</b> <b>Roasted Sweet Corn</b></p>	<p><b>11</b></p> <p>Cinnamon Bun 100% Fruit Juice</p> <p><b>Mini Chicken Tacos</b> <b>Tasty Nacho Pockets</b> <b>Cheesy Refried Beans</b></p>	<p><b>12</b></p> <p>Blueberry Loaf Ripe Banana</p> <p><b>Cheesy Burger</b> <b>Vegetable Medley</b> <b>Sliced Peaches</b></p>	<p><b>13</b></p> <p>Cherry Muffin Fruit Cup</p> <p><b>Spaghetti &amp; Meatballs</b> <b>Deli Sub Sandwich</b> <b>Carrot Coins</b></p>	<p><b>14</b></p> <p>Super "O" 100% Fruit Juice</p> <p><b>Goldfish Sandwich</b> <b>Chicken Fajitas</b> <b>Steamed Broccoli</b></p>
<p><b>17</b></p> <p>Honey Bun Sweet &amp; Sour Apple</p> <p><b>BBQ Chicken Drums</b> <b>Baked Pizza Sticks</b> <b>Baked Curly Potatoes</b></p>	<p><b>18</b></p> <p>Banana Muffin 100% Fruit Juice</p> <p><b>Stuffed Crust Pizza</b> <b>Nacho Supreme</b> <b>BBQ Baked Beans</b></p>	<p><b>19</b></p> <p>Cinnamon Bagel Grapes</p> <p><b>Corn Dog on a Stick</b> <b>Mixed Vegetables</b> <b>Fresh Grapes</b></p>	<p><b>20</b></p> <p>Mini Donuts Apple Sauce</p> <p><b>Porky Mac and Cheese</b> <b>Crispy Clucker</b> <b>Sweet Potato Crinkles</b></p>	<p><b>21</b></p> <p>Cinnamon Grippzz 100% Fruit Juice</p> <p><b>Cheese Steak Sub</b> <b>Crispy Fish Sticks</b> <b>Steamed Broccoli</b></p>
<p><b>24</b></p> <p>Strawberry Pop Tart Red Delicious Apple</p> <p><b>Teriyaki Burger</b> <b>Pepperoni Lil Bites</b> <b>Roasted Sweet Corn</b></p>	<p><b>25</b></p> <p>Breakfast Bun 100% Fruit Juice</p> <p><b>Steak &amp; Cheese Burrito</b> <b>Gen. Tso's Chicken Bowl</b> <b>Fiesta Beans</b></p>	<p><b>26</b></p> <p>Coco Dot Muffin Ripe Banana</p> <p><b>Grilled Cheese Sandwich</b> <b>Green Beans</b> <b>Apple Sauce</b></p>	<p><b>27</b></p> <p>Chery Frudel Apple Slices</p> <p><b>Oven-Baked Chicken</b> <b>Cheese Stuffed Shells</b> <b>Carrot Coins</b></p>	<p><b>28</b></p> <p>Strawbeny Bagel 100% Fruit Juice</p> <p><b>Shrimp Poppers</b> <b>Hot Diggity Dog</b> <b>Steamed Broccoli</b></p>

### September is National Chicken Month!

#### Health Benefits of Eating Chicken



- High in protein
- Warm chicken soup gives relief for common cold and sore throat
- Helps to control blood pressure
- Beneficial in managing and reducing weight

This institution is an Equal Opportunity employer and provider  
Free breakfast for all students! Reduced price lunches are \$0.40 - full price lunch is \$2.85