

HERITAGE ELEMENTARY SCHOOL



January Menu

Free Breakfast Daily! In addition to menu items, we offer Fat Free or 1% FF Milk, Cheese Sticks, Yogurt, craisins or raisins!

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

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
Coco Cereal Bar Gala Apple Nacho Supreme Tony's Pizza Baked Potato Wedges	Cherry Apple Crisp Sliced Apples / Juice Orange Chicken Bowl Beef Quesadilla Cheesy Refried Beans	Raisin Bagel Fresh Pears Baked Mozzarella Green Beans Diced Peaches	Powdered ProDunker Orange Fruit Cup Spaghetti Meatballs Teriyaki Burger Sweet Potato Fries	Breakfast Bun Apple Sauce / Fruit Juice Philly Cheese Steak Fish Tacos Steamed Broccoli
14	15	16	17	18
Strawberry Pop tart Sweet & Sour Apple Chili & Cornbread Grilled Cheese Baked Curly Taters	Apple Frudel Grapes / Fruit Juice Crunchy Beef Tacos General Tso's Chicken Fiesta Beans	Mini Cinnis Fresh Bananas Crispy Baked Chicken Mixed Veggies Fresh Grapes	Cherry Muffin Apple Sauce / Raisins Sausage Calzone Meatball Sub Carrot Coins	Lemon Chip Bar Sliced Apples & Fruit Juice Filet O' Fish Sandwich Oven Roasted Chicken Steamed Broccoli
21	22	23	24	25
	Cinnamon Bagel Sliced Apples / Juice Teriyaki Chicken Bowl Chicken Fajitas Cheesy Refried Beans	Mini Donuts Fresh Pears Big Daddy's Pizza Green Beans Diced Peaches	Breakfast Bun Orange Fruit Cup BLT Club Sandwich Lasagna Roll Up Sweet Potato Fries	Blueberry Muffin Apple Sauce / Fruit Juice Crispy Fish Sticks Pulled Pork Sandwich Steamed Broccoli
28	29	30	31	
Cinnamon Poptart Gala Apple Crispy Clucker Baked Mozzarella Baked Potato Wedges	CoCo Dot Muffin Grapes / Fruit Juice Orange Chicken Bowl Cheesy Burger Baked Beans	Cherry Frudel Fresh Bananas Mini Chicken Tacos Vegetable Medley Fresh Red Grapes	Donut Fritters Apple Sauce / Raisins Big Cheese Ravioli Tasty Enchiladas Steamed Broccoli	

Happy New Year!



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 Apply for FREE or REDUCED Lunches at HESGLENDALE.HEARTLANDAPPS.COM