

Heritage Elementary

School MARCH MENU



Free Breakfast In the Classroom Daily! In addition to menu items, we offer Fat Free or 1% FF Milk, Fresh Fruit and Juice Variety !

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

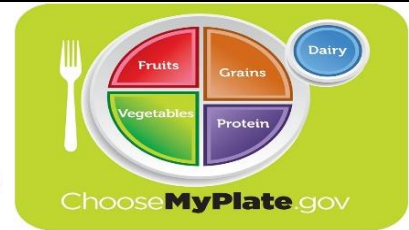
Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Cheerios Cereal Bar Craisins / Fruit Juice Green Eggs & Ham Goldfish Sandwich Potato Baby Cakes	Blueberry Vanilla Bites Fresh Bananas Orange Chicken Bowl Sloppy Joe Baked Beans	Mini Donuts Apple Sauce / Fruit Juice BBQ Chicken Sandwich Vegetable Medley Mixed Fruit	Cinnamon UBR Sliced Apples / Fruit Juice Hot Diggity Dog Celery & Ranch Diced Peaches	
9	10	11	12	13



16	17	18	19	20
Strawberry Pop tart Apple Chips / Fruit Juice Stuffed Crust Pizza Soft Pretzel & Cheese Roasted Corn	Cinnamon Cream Bagel Juicy Grapes / Fruit Juice Oven Baked Chicken Meatball Sub Baked Beans	Blueberry Muffin Fresh Pears Boneless Wings Green Beans Fruit Cocktail	Cherry Frudel Rainbow Gala Apple Chicken Fajitas Porky Mac & Cheese Carrot Coins	Donut Fritters Mini Oranges / Fruit Juice Crispy Fish Sticks Cheesy Enchiladas Steamed Broccoli
23	24	25	26	27

Cinnamon Crunch Bar Craisins / Fruit Juice Crunchy Beef Tacos Crispy Clucker Cheesy Refried Beans	Breakfast Honey Bun Fresh Bananas Breakfast 4 Lunch! Mini Corn Dogs Baked Potato Wedges	Mini Cinni's Apple Sauce / Fruit Juice Cheesy Burger Mixed Veggies Sliced Peaches	Coco Dot Muffin Sweet & Sour Apple Deli Sub Sandwich Spaghetti & Meatballs Steamed Broccoli	Cinnamon Apple Loaf Juicy Grapes / Fruit Juice Shrimp Poppers Hot Ham & Cheese Sweet Potato Fries
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30	31
Fudge Pop Tart Mini Oranges / Fruit Juice Pizza Pockets Grilled Cheese Sandwich Baked Tater Tots	Cherry Muffin Apple Chips / Fruit Juice Walking Taco Chicken Tenders Baked Beans



Did you know? In certain regions of the United States, March is the best month for sapping maple trees in order to create syrup. Native Americans used maple syrup both as a food and as a medicine—and taught the age-old process of sugaring to the colonists. Maple syrup contains fewer calories and a higher concentration of minerals than honey. It's an excellent source of manganese and a good source of zinc, which sweetens your antioxidant defenses, your heart, and your immune system.

Meal Price - \$2.85
Reduced Meal Price- \$0.40
Ala Carte Milk - \$0.50
Side Fruit/Vegetable \$0.75
Adult Meal Lunch - \$3.65



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MARCH 2020

HERITAGE ELEMENTARY SCHOOL

SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Strawberry Nurtigrain Bar 100 % Fruit Juice	3 WG Funyuns 100 % Fruit Juice	4 String Cheese & Crackers 100 % Fruit Juice	5 WG Baked Cheetos 100 % Fruit Juice	6 NO SCHOOL
9 NO SCHOOL	10 NO SCHOOL	11 NO SCHOOL	12 NO SCHOOL	13 NO SCHOOL
16 WG Cheddar Goldfish 100 % Fruit Juice	17 Reduce Fat Nacho Nacho Cheese Doritos 100 % Fruit Juice	18 WG Pretzel Goldfish 100 % Fruit Juice	19 Blueberry Nurtigrain Bar 100 % Fruit Juice	20 WG Chex Mix 100 % Fruit Juice
23 WG Munchies Mix 100 % Fruit Juice	24 WG Baked Cheetos 100 % Fruit Juice	25 Cinnamon Elf Grahams 100 % Fruit Juice	26 WG Funyuns 100 % Fruit Juice	27 Strawberry Chex Mix 100 % Fruit Juice
30 WG Cheez -IT Crackers 100 % Fruit Juice	31 String Cheese & Crackers 100 % Fruit Juice			

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