

# Heritage Elementary School



Grab and GO Meals for pick up on site !

Available Monday & Wednesday

From 8:00 am - 11:00 AM

Meal Delivery Coming Soon on Bus Routes -  
please call for more info at 623-466-3068

## SEPTEMBER GRAB AND GO MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<b>All meals are served with fat free or lowfat milk!</b>	 Blueberry Muffin Fuzzy Fresh Peaches <b>Pepperoni Pizza</b> <b>Bananas</b> <b>Mixed Vegetables</b>	 Mini Donuts Juicy Red Plums <b>Chef's Choice!!</b> <b>Fiesta Bean Medley</b> <b>Sweet Oranges</b>	Cereal Bowl Variety Sweet & Sour Apple <b>Deli Sub Sandwich</b> <b>Celery Sticks w/Ranch</b> <b>Mixed Fruit Cup</b>	 
	7	8	9	10
	Cinnamon Pop tart Apple Chips / Craisins <b>Soft Pretzel w/Cheese</b> <b>BBQ Baked Beans</b> <b>Tangy Nectarines</b>	 Pancake Bowl Fruit Juice <b>Boneless Wings</b> <b>Celery Sticks w/Ranch</b> <b>Red Delicious Apple</b>	Cereal Bowl Variety Rainbow Gala Apple <b>Cheese Taquitos</b> <b>Roasted Corn</b> <b>Strawberries &amp; Kiwi</b>	Coco Dot Muffin Red Grapes /Fruit Juice <b>Grilled Cheese</b> <b>Carrot Sticks w/ Ranch</b> <b>Juicy Red Plums</b>
14	15	16	17	18
Trix Cereal Bar Mixed Fruit Cup / Craisin <b>Beef Sliders</b>  <b>Roasted Corn</b> <b>Tangy Nectarines</b>	 Blueberry Loaf Fresh Bananas <b>Pepperoni Pizza</b> <b>Mixed Vegetables</b> <b>Fuzzy Fresh Peaches</b>	Cereal Bowl Variety Apple Sauce / Fruit Juice <b>Chicken Tenders</b> <b>Carrot Sticks w/ Ranch</b> <b>Juicy Red Plums</b>	Cinnamon Raisin Bagel Sweet & Sour Apple <b>Deli Sub Sandwich</b> <b>Broccoli Bites / Ranch</b> <b>Mandarin Fruit Cup</b>	Lemon Chip Crunch Bar Strawberries & Kiwi <b>Taco &amp; Cheese Stick</b> <b>Fiesta Bean Medley</b> <b>Red Grapes</b>
21	22	23	24	25
Strawberry Pop tart Apple Chips / Fruit Juice <b>Bosco Stick</b> <b>Mixed Vegetables</b> <b>Savory Pears</b>	Cinnamon UBR Rainbow Gala Apple <b>Mini Corn Dogs</b> <b>Baked Beans</b> <b>Tangy Nectarines</b>	 Pancake Bowl Fruit Juice <b>Bean &amp; Cheese Burrito</b> <b>Broccoli Bites / Ranch</b> <b>Strawberries &amp; Kiwi</b>	 Mini Donuts Juicy Red Plums <b>Soft Pretzel w/Cheese</b> <b>Roasted Corn</b> <b>Red Delicious Apple</b>	Cherry Frudel Apple Sauce / Fruit Juice <b>Cheese Taquitos</b> <b>Carrot Sticks w/ Ranch</b> <b>Fuzzy Fresh Peaches</b>
28	29	30		
Cereal Bowl Variety Mixed Fruit / Fruit Juice <b>Pepperoni Pizza</b> <b>Roasted Corn</b>  <b>Juicy Red Plums</b>	CoCo Puffs Cereal Bar Fuzzy Fresh Peaches <b>Grilled Cheese</b> <b>Fiesta Bean Medley</b> <b>Sweet Oranges</b>	 Blueberry Loaf Tangy Nectarines <b>Beef Sliders</b> <b>Mixed Veggies</b>  <b>Red Grapes</b>		
				

This Institution Is An Equal Opportunity Provider

THIS MENU IS SUBJECT TO CHANGE

Apply for FREE or REDUCED Lunches at [HESGLENDALE.Schoollunchapp.com](http://HESGLENDALE.Schoollunchapp.com)



# SEPTEMBER SNACK MENU 2020

## Heritage Elementary School



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Cheddar Chex Mix **1**

100 % Fruit Juice

Apple Slices **2**

Fat Free Milk

Graham Crackers & String Cheese **3**

100 % Fruit Juice

**4**  
No School Today!

**7**  
No School Today!

Happy Labor Day

WG Cheez ITZ **8**

100 % Fruit Juice

Cinnamon Elf Grahams **9**

100 % Fruit Juice

Goldfish Pretzels **10**

100 % Fruit Juice

**11**  
Strawberry Nutrigrain Bar

100 % Fruit Juice

Graham Crackers String Cheese **14**

100 % Fruit Juice

WG Nacho Cheese Doritos **15**

100 % Fruit Juice

Apple Slices **16**

Fat Free Milk

Cheddar Chex Mix **17**

100 % Fruit Juice

**18**  
WG Baked Funyuns

100 % Fruit Juice

Chocolate Elf Grahams **21**

100 % Fruit Juice

WG Cheez ITZ **22**

100 % Fruit Juice

Rainbow Goldfish Crackers **23**

100 % Fruit Juice

Apple Nutrigrain Bar **24**

100 % Fruit Juice

**25**  
WG Cheddar Sun Chips

100 % Fruit Juice

Goldfish Pretzels **28**

100 % Fruit Juice

Strawberry Chex Mix **29**

Fat Free Milk

Graham Crackers String Cheese **30**

100 % Fruit Juice

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