



# Heritage Elementary School

## October Menu



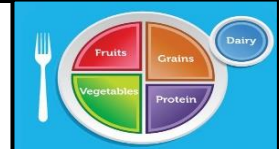
ALL MEALS ARE FREE THROUGH DECEMBER 31st FOR ALL STUDENTS

Grab and GO Meals for pick up on site!  
Available Monday & Wednesday  
From 7:30 AM - 9:00 AM

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>All meals are served with fat free or low-fat milk!</p> <p>All juice items are 100% Fruit Juice!</p>	 		<p>Cereal Bowl Variety</p> <p>Sweet &amp; Sour Apple</p> <p><b>Deli Sub Sandwich</b></p> <p>Celery Sticks w/Ranch</p> <p><b>Fruit Cocktail</b></p>	<p><b>No School Fall Break</b></p>
5	6	7	8	9

# HAPPY FALL BREAK

12	13	14	15	16
<p>School's out</p>	<p>Strawberry Pop-Tart</p> <p>Fresh Bananas</p> <p><b>Pepperoni Pizza</b></p> <p><b>Roasted Corn</b></p> <p><b>Mixed Fruit</b></p> 	 <p>Cherry Frudel</p> <p>Apple Sauce &amp; Fruit Juice</p> <p><b>Pulled Pork Sandwich</b></p> <p><b>Green Beans</b></p> <p><b>Juicy Red Plums</b></p>	<p>Cinnamon Raisin Bagel</p> <p>Sweet &amp; Sour Apple</p> <p><b>Chicken Alfredo</b></p> <p><b>Steamed Broccoli</b></p> <p><b>Fresh Fruit Variety</b></p>	<p>Lemon Chip Crunch Bar</p> <p>Craisins &amp; Fruit Juice</p> <p><b>Beef Taco Supreme</b></p> <p><b>Refried Beans</b></p> <p><b>Red Grapes</b></p> 
19	20	21	22	23
<p>Trix Cereal Bar</p> <p>Apple Chips / Fruit Juice</p> <p><b>Chicken Tenders</b></p> <p><b>Mixed Vegetables</b></p> <p><b>Fresh Fruit Variety</b></p>	<p>Cinnamon UBR</p> <p>Rainbow Gala Apple</p> <p><b>Spaghetti &amp; Meat sauce</b></p> <p><b>Steamed Broccoli</b></p> <p><b>Tangy Nectarines</b></p>	 <p>Pancake Bowl</p> <p>Fruit Juice</p> <p><b>Hot Ham &amp; Cheese Bun</b></p> <p><b>Baked Beans</b></p> <p><b>Fruit Cocktail</b></p> 	 <p>Mini Donuts</p> <p>Juicy Red Plums</p> <p><b>Orange Chicken Bowl</b></p> <p><b>Sweet Potato Fries</b></p> <p><b>Diced Peaches</b></p>	<p>Banana Muffin</p> <p>Apple Sauce / Fruit Juice</p> <p><b>Homemade Chili</b></p> <p><b>Roasted Corn</b></p> <p><b>Sweet Pears</b></p> 
26	27	28	29	30
<p>Cinnamon Pop-Tart</p> <p>Craisins &amp; Fruit Juice</p> <p><b>Bosco Stick</b></p> <p><b>Green Beans</b></p>  <p><b>Juicy Red Plums</b></p>	 <p>Blueberry Loaf</p> <p>Fuzzy Fresh Peaches</p> <p><b>Chicken Fajitas</b></p> <p><b>Fiesta Bean Medley</b></p> <p><b>Sweet Oranges</b></p>	<p>Strawberry Bagel Bar</p> <p>Tangy Nectarines</p> <p><b>Pulled Pork Sandwich</b></p> <p><b>Mixed Veggies</b></p> <p><b>Fresh Fruit Variety</b></p> 	<p>Apple Frudel</p> <p>Apple chips &amp; Fruit Juice</p> <p><b>Beefy Goulash</b></p> <p><b>Steamed Broccoli</b></p> <p><b>Diced Pears</b></p>	 <p>Cinnamon Bun</p> <p>Fresh Bananas</p> <p><b>Cheesy Burger</b></p> <p><b>Carrot Coins</b></p> <p><b>Fruit Cocktail</b></p>



This Institution Is An Equal Opportunity Provider

THIS MENU IS SUBJECT TO CHANGE

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# OCTOBER SNACK MENU 2020

## Heritage Elementary School



Monday

Tuesday

Wednesday

Thursday

Friday

5  
No School Today!

6  
No School Today!

7  
No School Today!

1  
Cheddar Chex Mix  
100 % Fruit Juice

2  
No School Today!

12  
No School Today!

13  
Cinnamon Elf Grahams  
100 % Fruit Juice

14  
Apple Slices  
Fat Free Milk

8  
No School Today!

15  
WG Cheez ITZ  
100 % Fruit Juice

9  
No School Today!

16  
Graham Crackers  
String Cheese  
100 % Fruit Juice

19  
WG Baked Funyuns  
100 % Fruit Juice

20  
Strawberry Nutrigrain Bar  
100 % Fruit Juice

21  
Rainbow Goldfish Crackers  
100 % Fruit Juice

22  
WG Nacho Cheese Doritos  
100 % Fruit Juice

23  
Cheddar Chex Mix  
100 % Fruit Juice

26  
Apple Slices  
Fat Free Milk

27  
Graham Crackers String Cheese  
100 % Fruit Juice

28  
WG Cheez ITZ  
100 % Fruit Juice

29  
Goldfish Pretzels  
100 % Fruit Juice

30  
Chocolate Elf Grahams  
100 % Fruit Juice

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