

# Heritage Elementary

## SCHOOL

### DECEMBER MENU



ALL MEALS ARE FREE FOR ALL STUDENTS AND CHILDREN 18 AND UNDER

Grab and GO Meals for pick up on site!  
Available Monday / Wednesday/ Friday  
From 7:00 AM - 8:30 AM

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
All meals are served with fat free or low-fat milk! All juice items are 100% Fruit Juice!	Lemon Chip Crunch Golden Bananas Chicken Fajitas Carrot Coins Peach Slices	Honey Bun Apple Sauce Tony's Pizza Mixed Vegetables Fruit Salad	Mini Fritters Rainbow Gala Apple Chicken Posole Refried Beans Mixed Fruit	Cherry Frudel Fresh Grapes Cheesy Beef Burger Curly Q Potatoes Diced Pears
	7	8	9	10
Cheerios Cereal Bar Strawberry Apple Chips <b>Breakfast 4 Lunch!</b> Potato Smiles Sweet Oranges	Blueberry Muffin Fresh Fruit Variety Crispy Clucker BBQ Baked Beans Fresh Grapes	Maple Waffles Apple Sauce Boneless Wings Carrot Sticks / Ranch Fruit Cup	Mini Donuts Sweet and Sour Apple Beef Quesadilla Fiesta Beans Fresh Fruit Variety	Mini Cinni's Fruit Cup Chili & Cornbread Steamed Broccoli Juicy Red Plums
14	15	16	17	18
Fudge Pop-Tart Cherry Craisins Beefy Nacho Supreme Curly Q Potatoes Fruit Cup	Apple Loaf Golden Bananas Pork Carnitas Cheesy Refried Beans Sweet Oranges	Coco Dot Muffin Apple Sauce Hot Diggity Dog Mixed Vegetables Juicy Red Plums	Strawberry Bagel Red Delicious Apple Soft Pretzel w/Cheese Sweet Potato Fries Tangy Nectarines	Cinnamon UBR Fresh Grapes Stuffed Crust Pizza Celery Sticks / Ranch Fruit Salad

# Happy Holidays!

**Did you know:** Kiwi fruits are in season in December. Kiwis grow wild in China, and were originally called "gooseberries". Kiwis were brought to New Zealand in the early 1900's, where they were renamed "kiwi" after the New Zealand bird. Kiwis are small fruits that pack a lot of flavor and plenty of health benefits. Their green flesh is sweet and tangy. It's also full of nutrients like vitamin C, vitamin K, vitamin E, folate, and potassium. They also have a lot of antioxidants and are a good source of fiber.



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THIS MENU IS SUBJECT TO CHANGE

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