

# Heritage Elementary School Glendale

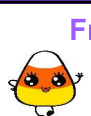
# OCTOBER



1% milk, fat free flavored & skim milk are available for breakfast and lunch. Craisins, raisins, and dried apple chips are also available in addition to breakfast menu items

# MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p>Blueberry Waffles Fresh Grapes Cheese Cubes</p> <p><b>Creamy Chicken Alfredo</b> <b>BBQ Chicken Sandwich</b> <b>Steamed Broccoli</b> <b>Sliced Pears</b></p>	<p>Apple Cheerios Cinnamon Applesauce Tiger Grahams</p> <p><b>Cheeseburger</b> <b>Baby Carrots / Ranch</b> <b>Sliced Strawberries</b></p>	<p>Strawberry Bagel Bar 100% Fruit Juice String Cheese</p> <p><b>Chicken Posole / Chips</b> <b>Cheese Quesadilla</b> <b>Fiesta Beans</b> <b>Cinnamon Apple Slices</b></p>	<p>Double Chocolate Muffin Apple Grins Strawberry Go-Gurt</p> <p><b>Stuffed Crust Cheese Or Pepperoni Pizza</b> <b>Mixed Vegetables</b>  <b>Melon Medley</b> </p>
7	8	9	10	11
<p>Strawberry Pop-Tart 100% Fruit Juice Mini Honey Grahams</p> <p><b>Baked Mozzarella</b> <b>Chicken Waffle Sandwich</b> <b>Roasted Corn</b> <b>Cinnamon Applesauce</b></p>	<p>Apple Frudel Applesauce Cheese Cubes</p> <p><b>Mandarin Chicken Bowl</b> <b>Bone-in Chicken Wings</b> <b>Steamed Broccoli</b> <b>Sweet Orange Slices</b></p>	<p>Coco Puffs Cereal Golden Bananas Giant Vanilla Goldfish</p> <p><b>Buffalo or Regular</b> <b>Grilled Chicken Sandwich</b> <b>Garlic Green Beans</b> <b>Sliced Pears</b></p>	<p>Mini Donuts 100% Fruit Juice String Cheese</p> <p><b>Chicken Nuggets / Roll</b> <b>Baby Carrots / Ranch</b> <b>Fresh Grapes</b></p>	<p><b>Fall Break</b> NO SCHOOL!</p>
14	15	16	17	18
<h1>Have A Great Fall Break!</h1>				
21	22	23	24	25
<p>Breakfast Burrito Fresh Fruit Mix String Cheese</p> <p><b>Chili Bowl / Cornbread</b> <b>Beef Quesadilla</b> <b>Sweet Corn Nibletts</b> <b>Sliced Peaches</b></p>	<p>French Toast Sticks Sliced Strawberries Scrambled Eggs</p> <p><b>Chicken Chow Mein</b> <b>Hot Diggity Dog</b>  <b>Broccoli Bites</b>  <b>Sweet Orange Slices</b></p>	<p>Breakfast Pizza Gala Apple Slices Vanilla Yogurt</p> <p><b>Regular or Spicy</b> <b>Boneless Wings</b> <b>BBQ Baked Beans</b> <b>Cinnamon Applesauce</b></p>	<p>Pancake Sandwich Sliced Pears Hash Brown Patties</p> <p><b>BBQ Chicken Drum</b> <b>Chicken Tater Bowl</b> <b>Baby Carrots / Ranch</b> <b>Fresh Grapes</b></p>	<p>Baked Cinnamon Rolls Sweet Orange Slices Crispy Bacon</p> <p><b>Stuffed-Crust Cheese Or Pepperoni Pizza</b> <b>Mixed Salad Greens</b> <b>Melon Medley</b> </p>
28	29	30	31	
<p>Cinnamon UBR Sliced Pears Cheesy Scrambled Eggs</p> <p><b>Beef Nacho Supreme</b> <b>Mini Corn Dogs</b> <b>Baby Bakers</b>  <b>Fruit Cocktail</b> </p>	<p>Homestyle Pancakes Fresh Fruit Mix Sausage Links</p> <p><b>Taco Tuesday!</b> <b>Chicken Parm Sandwich</b> <b>Steamed Broccoli</b>  <b>Golden Bananas</b> </p>	<p>Egg &amp; Cheese Flatbread Sweet Orange Slices Strawberry Yogurt</p> <p><b>Bosco Pizza Stick</b> <b>Baby Carrots / Ranch</b> <b>Fresh Grapes</b></p>	<p>Pancake on a Stick Melon Medley Potato Baby Cakes</p> <p><b>Beefy GHOULASH!</b> <b>Grilled Cheese</b> <b>Mixed Vegetables</b> <b>Sweet Orange Slices</b></p>	



**Free Breakfast and Lunch for all students!**



**Beginning October 21st - Heritage Elementary will begin providing HOT Breakfast with many additional offerings on the fruit bar in the cafeteria daily!**



**Meals are FREE for all students - no need to complete a meal application!  
This institution is an Equal Opportunity Provider**



# Heritage Elementary Glendale

## October Snack Menu

Monday



Tuesday

Wednesday

Thursday

Friday

WG Graham Crackers & String Cheese

100 % Fruit Juice

Chex Mix  
Apple Slices & Cherry Craisins

Chex Mix

WG Nacho Cheese Doritos

100 % Fruit Juice

Rainbow Goldfish Crackers

100 % Fruit Juice

WG Baked Cheetos

100 % Fruit Juice

WG White Cheddar Popcorn

100 % Fruit Juice

Cheez-Its  
Fresh Fruit Variety & Strawberry Raisins

Cheez-Its

WG Rice Krispie Treat

100 % Fruit Juice

No School Today

No School Today

No School Today

No School Today

No School Today

No School Today

WG Cheddar Sun Chips

100 % Fruit Juice

WG Chocolate Chip Oatmeal Bar

100 % Fruit Juice

Chex Mix  
Apple Slices & Orange Craisins

Chex Mix

Strawberry Nutri-Grain Bar

100 % Fruit Juice

WG Cinnamon Pop-Tart

100 % Fruit Juice

WG Graham Crackers & String Cheese

100 % Fruit Juice

WG Nacho Cheese Doritos

100 % Fruit Juice

Cheez-Its  
Fresh Fruit Variety & Raspberry Raisins

Cheez-Its

WG Rice Krispie Treat

100 % Fruit Juice



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MY SCHOOL BUCKS PAY FOR MEALS ONLINE  
MySchoolBucks.com