

HERITAGE ELEMENTARY SCHOOL GLENDALE



1% milk, fat-free flavored & skim milk are available for breakfast and lunch. Fruit and Veggie Bar available daily for breakfast and lunch!

OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Free Breakfast and Lunch for all students!		1 Baked Cinnamon Rolls Fruit Cocktail Hash Brown Patties BBQ Rib Sandwich Garlic Green Beans Sweet Orange Slices	2 Blueberry Oatmeal Fuzzy Peaches Scrambled Eggs Big Cheese Ravioli Deli Sub Sandwich Sweet Potato Fries Golden Bananas	3 Sausage / Egg Taquitos Sliced Strawberries Peach Yogurt Cheese Or Pepperoni Pizza Mixed Salad Greens Melon Medley
6 Cinnamon UBR Fresh Grapes Hash Brown Patties Chicken Tenders / Roll Breakfast for Lunch! Baked Potato Wedges Mixed Fruit	7 French Toast Sticks Gala Apple Slices Crispy Bacon Teriyaki Chicken / Rice Lasagna Roll Up Broccoli Bites Sweet Orange Slices	8 Biscuits & Gravy Golden Bananas Sausage Patty Grilled Cheese Vegetable Medley Fresh Grapes	9 Mini Donuts Applesauce Scrambled Eggs Backyard Grill Baby Carrots / Ranch Raspberry Sidekick	10
Happy Fall Break!				
20 Apple Frudel Mixed Fruit Potato Baby Cakes Popcorn Chicken / Roll Nacho Supreme Curly Q Potatoes Sliced Strawberries	21 Sweet Emoji Waffles Diced Peaches Sausage Patties Taco Salad Bowl Hot Diggity Dog BBQ Baked Beans Cinnamon Apple Slices	22 Breakfast Sandwich Sliced Strawberries Regular or Spicy Chicken Filet Sandwich Baby Carrots / Ranch Fresh Grapes	23 Honeybun Purple Plums Cheese Cubes Mandarin Chicken Bowl Beef Taco Stick Broccoli Bites Sweet Orange Slices	24 Egg / Cheese Flatbread Golden Bananas Strawberry Yogurt Cheese Or Pepperoni Pizza Mixed Salad Greens Watermelon Slices
27 Mini Caramel Cinni's Apple Slices String Cheese Bosco Pepperoni Stick Mini Corn Dogs Crinkle Cut Fries Sliced Peaches	28 Sausage Bagels Fuzzy Kiwi Vanilla Yogurt Baked Chicken Drum Beef / Cheese Sliders BBQ Baked Beans Mixed Berries	29 Homestyle Pancakes Diced Pears Sausage Links Regular or Spicy Boneless Wings / Roll Baby Carrots / Ranch Gala Apple Slices	30 Baked Cinnamon Rolls Fresh Grapes Hash Brown Patties Sloppy Joes Macaroni & Cheese Steamed Broccoli Sweet Orange Slices	31 Super Pumpkin Bread Melon Medley Crispy Bacon Beefy GHOULASH! Cheese Quesadilla Mixed Salad Greens Mango Berry
Meals are FREE for all students - no need to complete a meal application! USDA is an Equal Opportunity Provider, Employer and Lender				

HERITAGE ELEMENTARY GLENDALE

October Snack Menu

Monday



WG Graham
Crackers
&
String Cheese

6

NO SCHOOL
TODAY

13

WG White
Cheddar
Popcorn

100 % Fruit Juice

20

Goldfish Pretzel
Crackers

100 % Fruit Juice

27

Tuesday



Rainbow
Goldfish
Crackers
&
100 % Fruit Juice

7

NO SCHOOL
TODAY

14

WG Graham
Crackers
&
String Cheese

21

WG White
Nacho Cheese
Doritos

100 % Fruit Juice

28

Wednesday

Chex Mix
Apple Slices
&
Orange Craisins

1

Cheez – Its
Fresh Fruit
&
Lemonade Craisins

8

NO SCHOOL
TODAY

15

Chex Mix
Apple Slices
&
Strawberry Craisins

22

Cheez – Its
Fresh Fruit
&
Watermelon Craisins

29

Thursday

WG White
Nacho Cheese
Doritos
100 % Fruit Juice

2

WG Cheddar
Sun Chips
100 % Fruit Juice

9

NO SCHOOL
TODAY

16

WG Cinnamon
Crisp
Crackers
100 % Fruit Juice

23

WG Cheddar
Sun Chips
100 % Fruit Juice

30

Friday

WG Rice
Krispie
Treat
Cheese Cubes

3

NO SCHOOL
TODAY

10

NO SCHOOL
TODAY

17

WG Chocolate
Chip Oatmeal
Bar
&
String Cheese

24

WG Rice
Krispie
Treat
Cheese Cubes

31