

Heritage Elementary School

Glendale

JANUARY MENU



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

Monday	Tuesday	Wednesday	Thursday	Friday
5 Fudge Pop-Tart Sliced Peaches Strawberry Go-Gurt Breakfast 4 Lunch! Chicken Tenders / Roll Emoji Potatoes Fresh Fruit Variety	6 Egg/Cheese Flatbread Fuzzy Kiwi Potato Baby Cakes Chicken Eggroll / Rice Hot Diggity Dog Crinkle Cut Zucchini Sweet Orange Slices	7 Blueberry Pancakes Fresh Fruit Mix Hash Brown Patties Backyard Grill Burger Baby Carrots / Ranch Applesauce Cup	8 Breakfast Sandwich Golden Bananas Peach Yogurt Chicken Posole / Chips Deli Sub Sandwich Fiesta Beans Cinnamon Applesauce	9 Cinnamon Rolls Melon Medley Crispy Bacon Stuffed-Crust Cheese Or Pepperoni Pizza Mixed Salad Greens Sliced Strawberries
12 Mini Donuts Applesauce String Cheese Boneless Wings / Roll Bean & Cheese Burrito Roasted Corn Fresh Grapes	13 French Toast Sticks Fresh Fruit Mix Potato Baby Cakes Mesquite Chicken / Roll Crunchy Beef Tacos Carrot Coins Gala Apple Slices	14 Blueberry Muffin Top Golden Bananas Cheesy Scrambled Eggs Regular or Spicy Beef Taco Stick Celery Sticks/Ranch Sweet Orange Slices	15 Breakfast Burrito Sliced Pears Strawberry Yogurt Spaghetti & Meat Sauce Grilled Cheese Steamed Broccoli Sliced Peaches	16 Biscuits / Gravy Cinnamon Apples Sausage Patties Filet O'Fish Sandwich Chili Bowl / Cornbread BBQ Baked Beans Melon Medley
19 	20 Caramel Mini Cinnis Fresh Fruit Mix Vanilla Yogurt Beef Nacho Supreme Baked Mozzarella Cali Blend Veggies Apple Sauce	21 Sausage Bagel Fuzzy Kiwi Hash Brown Patties Regular or Spicy Chicken Sandwich Baby Carrots / Ranch Sliced Pears	22 Cinnamon Pancakes Sliced Pears Scrambled Eggs Mandarin Chicken Deli Sub Sandwich Broccoli Bites Sliced Strawberries	23 Breakfast Bites Apple Slices Sausage Patties Stuffed-Crust Cheese Or Pepperoni Pizza Mixed Salad Greens Sweet Orange Slices
26 Apple Frudel Diced Peaches String Cheese Chili Cheese Frito Bowl Bosco Pepperoni Stick Baked Potato Wedges Golden Bananas	27 Pancake Bites Fresh Grapes Sausage Links Cheese Taquitos Meatballs & Mash Taters Steamed Broccoli Gala Apple Slices	28 Double Coco Muffin Mixed Fresh Fruit Cheesy Scrambled Eggs Chicken Poppers / Roll Vegetable Medlev Sweet Orange Slices	29 Breakfast Sandwich Sliced Strawberries Vanilla Yogurt Baked Chicken / Roll Macaroni & Cheese / Roll BBQ Baked Beans Fresh Grapes	30 Cinnamon Rolls Fuzzy Kiwi Crispy Bacon Chicken Quesadilla Crispy Fish Sticks / Roll Sweet Potato Fries Melon Medley

Free Breakfast and Lunch for all students!

Friendly Reminder - Heritage Elementary will be 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!
USDA is an Equal Opportunity Provider, Employer and Lender

Heritage Elementary School

Glendale

January Pre-K Menu



1% non-flavored milk is available for breakfast and lunch. A variety of fruits and vegetables are available daily for breakfast and lunch!

Monday	Tuesday	Wednesday	Thursday	Friday
5 Fudge Pop-Tart Sliced Peaches Breakfast 4 Lunch! Emoji Potatoes Fresh Fruit Variety	6 Egg/Cheese Flatbread Fuzzy Kiwi Hot Diggity Dog Crinkle Cut Zucchini Sweet Orange Slices	7 Blueberry Pancakes Fresh Fruit Mix Backyard Grill Burger Baby Carrots / Ranch Applesauce Cup	8 Breakfast Sandwich Golden Bananas Deli Sub Sandwich Fiesta Beans Cinnamon Applesauce	9 Cinnamon Rolls Melon Medley Cheese Pizza Mixed Salad Greens Sliced Strawberries
12 Mini Donuts Applesauce Boneless Wings / Roll Roasted Corn Fresh Grapes	13 French Toast Sticks Fresh Fruit Mix Mesquite Chicken / Roll Carrot Coins Gala Apple Slices	14 Blueberry Muffin Top Golden Bananas Beef Taco Stick Celery Sticks/Ranch Sweet Orange Slices	15 Breakfast Burrito Sliced Pears Spaghetti & Meat Sauce Steamed Broccoli Sliced Peaches	16 Biscuits / Gravy Cinnamon Apples Grilled Cheese BBQ Baked Beans Melon Medley
19 	20 Caramel Mini Cinnis Fresh Fruit Mix Beef Nacho Supreme Cali Blend Veggies Applesauce	21 Sausage Bagel Fuzzy Kiwi Chicken Sandwich Baby Carrots / Ranch Sliced Pears	22 Cinnamon Pancakes Sliced Pears Mandarin Chicken Broccoli Bites Sliced Strawberries	23 Breakfast Bites Apple Slices Cheese Pizza Mixed Salad Greens Sweet Orange Slices
26 Apple Frudel Diced Peaches Bosco Pepperoni Stick Baked Potato Wedges Golden Bananas	27 Pancake Bites Fresh Grapes Meatballs & Mash Taters Steamed Broccoli Gala Apple Slices	28 Double Coco Muffin Mixed Fresh Fruit Chicken Poppers / Roll Vegetable Medley Sweet Orange Slices	29 Breakfast Sandwich Sliced Strawberries Macaroni & Cheese / Roll BBQ Baked Beans Fresh Grapes	30 Cinnamon Rolls Fuzzy Kiwi Crispy Fish Sticks / Roll Sweet Potato Fries Melon Medley

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HERITAGE ELEMENTARY SCHOOL

JANUARY SNACK MENU

Monday

Tuesday

Wednesday

Thursday

Friday

5
Rainbow
Goldfish
Crackers
&
Cheese Cubes

6
WG Cinnamon
Crisp
Crackers

100 % Fruit Juice

7
Cheez – Its

Fresh Fruit
&
Lemonade Craisins

8
WG White
Cheddar
Popcorn

100 % Fruit Juice

9
WG Rice
Krispie
Treat

Cheese Cubes

12
WG White
Nacho Cheese
Doritos

100 % Fruit Juice

13
WG Cheddar
Sun Chips

100 % Fruit Juice

14
Chex Mix

Apple Slices
&
Orange Craisins

15
WG Bunny Friends
Grahams
& String Cheese

16
WG Fudge
Pop-Tart
&

100 % Fruit Juice

19
NO SCHOOL
Today

20
Pretzel
Goldfish
Crackers
&
100 % Fruit Juice

21
Cheez – Its

Fresh Fruit
&
Watermelon Craisins

22
WG
Vanilla Chat Snacks
Grahams
&
Cheese Cubes

23
WG Chocolate
Chip Oatmeal
Bar
&
100 % Fruit Juice

26
Cheddar Blast
Goldfish
Crackers
&
100 % Fruit Juice

27
WG Bunny Friends
Grahams
& String Cheese

28
Chex Mix

Apple Slices
&
Strawberry Craisins

29
WG White
Cheddar
Popcorn

100 % Fruit Juice

30
WG Rice
Krispie
Treat

Cheese Cubes