



Heritage Elementary School Williams September Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
9/3/2018	9/4/2018	9/5/2018	9/6/2018	9/7/2018
Labor Day No School	Select 2 items: Mini Cinnamon Bagel Bug Bites Graham Cracker Milk and Sliced Apples	Select 2 items: Cinnamon Toast Cereal Whole-Grain Cinnamon Pop-Tart Milk and Fresh Grapes	Select 2 items: Whole-Wheat Pan Dulce String Cheese Stick Milk and a Very Strawberry Applesauce	Select 2 items: Chocolate Chip Whole-Grain Muffin Go-Gurt Milk and 100% Orange Juice
9/10/2018	9/11/2018	9/12/2018	9/13/2018	9/14/2018
Select 2 items: Cheerios Cereal Apple Nutri-Grain Milk and 100% Grape Juice	Select 2 items: Bagel with Cream Cheese Scooby Doo Graham Sticks Milk and an Applesauce Cup	Select 2 items: Mini-Wheats Cereal Whole-Grain Strawberry Pop-Tart Milk and Fresh Grapes	Select 2 items: Whole-Wheat Pan Dulce Cheddar Cheese Stick Milk and Sliced Apples	Select 2 items: Apple Cinnamon Muffin Go-Gurt Milk and 100% Orange Juice
9/17/2018	9/18/2018	9/19/2018	9/20/2018	9/21/2018
Select 2 items: Trix Cereal Whole-Grain Cinnamon Toast Bar Milk and 100% Grape Juice	Select 2 items: Mini Cinnamon Bagel Cinnamon Bun Crackers Milk and Sliced Apples	Select 2 items: Apple Jacks Cereal Whole-Grain Strawberry Pop-Tart Milk and Fresh Grapes	Select 2 items: Whole-Wheat Pan Dulce String Cheese Stick Milk and a Very Strawberry Applesauce	Select 2 items: Banana Muffin Whole-Grain Go-Gurt Milk and 100% Orange Juice
9/24/2018	9/25/2018	9/26/2018	9/27/2018	9/28/2018
Select 2 items: Froot Loop Cereal Strawberry Nutri-Grain Milk and 100% Grape Juice	Select 2 items: Bagel with Cream Cheese French Toast Crackers Milk and an Applesauce Cup	Select 2 items: Lucky Charms Cereal Whole-Grain Cinnamon Pop-Tart Milk and Fresh Grapes	Select 2 items: Whole-Wheat Pan Dulce Cheddar Cheese Stick Milk and Sliced Apples	Select 2 items: Blueberry Muffin Go-Gurt Milk and 100% Orange Juice



Choice of Fat-Free or 1% White Milk available for breakfast. Raisins or Cranraisins are also available.
Fat-Free Chocolate, Fat-Free White, or 1% White Milk available for lunch.
"This institution is an equal opportunity provider."
Menus are subject to change without notice.
Applications for FREE and REDUCED lunches are available at the front desk.





Heritage Elementary School Williams September Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
9/3/2018	9/4/2018	9/5/2018	9/6/2018	9/7/2018
Labor Day No School	Whole-Grain Chicken Nuggets Whipped Potatoes Chilled Diced Peaches Whole-Grain Biscuit Milk	Mini Chicken Tacos Refried Beans Mixed Fruit Salsa Milk	Teriyaki Chicken with Rice Steamed Broccoli Florets Mandarin Oranges Milk	Pepperoni Pizza on a Whole-Grain Crust Green Beans Applesauce Wheat Breadstick Milk
9/10/2018	9/11/2018	9/12/2018	9/13/2018	9/14/2018
Chicken Pattie Sandwich Whipped Potatoes Chilled Diced Peaches Milk	BBQ Chicken Drumstick Green Beans Apple Whole-Grain Biscuit Milk	Lit'l Smokies Ranchero Beans Mixed Fruit Whole-Grain Tortilla Milk	Chicken Fajitas Whole-Grain Tortilla Carrot Sticks Fresh Grapes Milk Salsa	Whole-Grain Spaghetti w/Meatsauce Rotini & Meat Sauce Garden Salad with Italian Dressing Diced Pears Wheat Breadstick Milk
9/17/2018	9/18/2018	9/19/2018	9/20/2018	9/21/2018
Cheeseburger Smile Potatoes Chilled Diced Peaches Milk	Hamwich Sweet Potato Tots Banana Milk	Beef Taco Bowl Celery Sticks Mixed Fruit Salsa Milk	Whole-Grain Turkey Corn Dog Barbecue Beans Orange Slices Milk	Pepperoni Pizza on a Whole-Grain Crust Garden Salad with Italian Dressing Applesauce Milk
9/24/2018	9/25/2018	9/26/2018	9/27/2018	9/28/2018
Hamburger Crinkle-Cut French Fries Chilled Diced Peaches Milk	BBQ Chicken Drumstick Steamed Broccoli Florets Apple Whole-Grain Biscuit Milk	Hot Diggity Dog Sweet Potato Tots Mixed Fruit Milk	Cheese Quesadilla Refried Beans Diced Pears Milk	Pretzel and Cheese Green Beans Diced Pears Milk



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