



Heritage Elementary November Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 Select 2 items: Froot Loop Cereal Apple Nutri-Grain Milk and a Grape 100% Juice	6 Select 2 items: Bagel with Cream Cheese French Toast Crackers Milk and an Applesauce Cups	7 Select 2 items: Mini Wheats Cereal WG Cinn Poptart Milk and a Fresh Grapes	8 Select 2 items: WW Pan Dulce Cheddar Cheese Stick Milk and Sliced Apples	9 Select 2 items: Blueberry Muffin Go-gurt Milk and a Orange 100% Juice
12 Veteran's Day No School	13 Select 2 items: Mini Cinnamon Bagel Cinnamon Bun Crackers Milk and an Sliced Apples	14 Select 2 items: Cinn.Toast Cereal WG Strawberry Poptart Milk and a Fresh Grapes	15 Select 2 items: WW Pan Dulce String Cheese Stick Milk and an Very Strawberry Applesauce	16 Select 2 items: Banana Muffin WG Go-gurt Milk and a Orange 100% Juice
19 Select 2 items: Froot Loop Cereal Strawberry Nutri-Grain Milk and a Grape 100% Juice	20 Select 2 items: Bagel with Cream Cheese Scooby Doo Graham Sticks Milk and an Applesauce Cups	21 Thanksgiving Break No School	22 Thanksgiving Break No School	23 Thanksgiving Break No School
26 Select 2 items: Trix Cereal Fruity Cheerios Cereal Bar WB Milk and a Grape 100% Juice	27 Select 2 items: Mini Cinnamon Bagel Cinnamon Bun Crackers Milk and an Sliced Apples	28 Select 2 items: Apple Jacks Cereal WG Strawberry Poptart Milk and a Fresh Grapes	29 Select 2 items: WW Pan Dulce String Cheese Stick Milk and an Very Strawberry Applesauce	30 Select 2 items: Choc. Chip WG Muffin Go-gurt Milk and a Orange 100% Juice

Choice of FF, 1% White milk is available for Breakfast. Raisins or Cranraisins are also available.

Choice of FF, 1% White milk and FF Chocolate milk is available for Lunch



Menu are subject to change without notice.

Applications for FREE and REDUCED Lunches are available at the Front Desk.

"This institution is an equal opportunity provider."



Heritage Elementary November Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 Cheeseburger Smile Potatoes Chilled Diced Peaches Milk	6 Turkeywich Sweet Potato Tots Banana Milk	7 Chicken Taco Bowl Celery Sticks Mixed Fruit Salsa Milk	8 Turkey Corn Dog W/G Barbecue Beans Orange Slices Milk	9 Pepperoni Pizza on WG crust Garden Salad with Ranch Dressing Applesauce Milk
12 Veteran's Day No School	13 BBQ Chicken Drumstick Steamed Broccoli Florets Apple WG Biscuit Milk	14 Hot Diggity Dog Sweet Potato Tots Mixed Fruit Milk	15 Cheese Quesadilla Refried Beans Diced Pears Milk	16 Pretzel and Cheese Green Beans Diced Pears Milk
19 Hamburger Sweet Potatoe Tots Chilled Diced Peaches Milk	20 Grilled Chicken Breast Whipped Potatoes with Gravy Applesauce WG Biscuit Milk	21 Thanksgiving Break No School	22 Thanksgiving Break No School	23 Thanksgiving Break No School
26 BBQ Chicken Sandwich Sweet Potato Fries Chilled Diced Peaches Milk	27 Mini Maple Waffles Sausage Patty Smile Potatoes Apple Milk	28 WG Grilled Cheese Sandwich Green Beans Mixed Fruit Milk	29 Chicken Taco Bowl Refried Beans Fresh Grapes Salsa Milk	30 Pepperoni Pizza on WG crust Garden Salad with Italian Dressing Diced Pears Milk

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