



## Heritage Elementary School Williams January Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
<b>Winter Holiday No School</b>	<b>Winter Holiday No School</b>	<b>Winter Holiday No School</b>	Select 2 items: Whole-Wheat Pan Dulce String Cheese Stick Milk and Very Strawberry Applesauce	Select 2 items: Banana Muffin Whole-Grain Go-Gurt Milk and 100% Orange Juice
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
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 Strawberry 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
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
Select 2 items: Cocoa Puffs Cereal Cherry Frudel Milk and 100% Grape Juice	Select 2 items: Mini Cinnamon Bagel Bug Bites Graham Cracker Milk and a Sliced Apple	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 Very Strawberry Applesauce	Select 2 items: Chocolate Chip Whole-Grain Muffin Go-Gurt Milk and 100% Orange Juice
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
<b>Martin Luther King, Jr. Day No School</b>	Select 2 items: Bagel with Cream Cheese French Toast Crackers 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 a Sliced Apple	Select 2 items: Blueberry Muffin Go-Gurt Milk and 100% Orange Juice
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
Select 2 items: Trix Cereal Strawberry Nutri-Grain Milk and 100% Grape Juice	Select 2 items: Mini Cinnamon Bagel Bug Bites Graham Cracker Milk and a Sliced Apple	Select 2 items: Apple Jacks Cereal Whole-Grain Cinn Pop-Tart Milk and Fresh Grapes	Select 2 items: Whole-Wheat Pan Dulce String Cheese Stick Milk and Very Strawberry Applesauce	Select 2 items: Apple Cinnamon 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 January Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>31-Dec</b>	<b>1-Jan</b>	<b>2-Jan</b>	<b>3-Jan</b>	<b>4-Jan</b>
<b>Winter Holiday</b> <b>No School</b>	<b>Winter Holiday</b> <b>No School</b>	<b>Winter Holiday</b> <b>No School</b>	Turkey Corn Dog Whole-Grain Barbecue Beans Orange Slices Milk	Pepperoni Pizza on Whole-Grain crust Garden Salad with Dressing Applesauce Milk
<b>7-Jan</b>	<b>8-Jan</b>	<b>9-Jan</b>	<b>10-Jan</b>	<b>11-Jan</b>
Chicken Pattie Sandwich Smile Potatoes Chilled Diced Peaches Milk	Sweet and Sour Chicken with Rice Steamed Broccoli Florets Banana Milk	Bean & Cheese Chalupa Carrot Sticks Mixed Fruit Salsa Milk	Chicken Strips Ranchero Beans Orange Slices Whole-Grain Biscuit Milk	Whole-Grain Spaghetti with Meat Sauce Mixed Vegetables Applesauce Milk
<b>14-Jan</b>	<b>15-Jan</b>	<b>16-Jan</b>	<b>17-Jan</b>	<b>18-Jan</b>
Cheeseburger Sweet Potato Fries Chilled Diced Peaches Milk	Blueberry Mini Pancakes Sausage Patty Smile Potatoes Apple Milk	Whole-Grain Grilled Cheese Sandwich Green Beans Mixed Fruit Milk	Beef Taco Bowl Refried Beans Fresh Grapes Salsa Milk	Lasagna Garden Salad with Dressing Diced Pears Milk
<b>21-Jan</b>	<b>22-Jan</b>	<b>23-Jan</b>	<b>24-Jan</b>	<b>25-Jan</b>
<b>Martin Luther King, Jr. Day</b> <b>No School</b>	Chicken Nuggets Whole-Grain Whipped Potatoes Banana Whole-Grain Biscuit Milk	Bean and Cheese Nacho Bites Carrots/Celery Sticks Mixed Fruit Salsa Milk	Whole-Grain Grilled Cheese Sandwich Steamed Broccoli Florets Orange Smiles Milk	Cheese Ravioli Green Beans Applesauce Wheat Breadstick Milk
<b>28-Jan</b>	<b>29-Jan</b>	<b>30-Jan</b>	<b>31-Jan</b>	<b>1-Feb</b>
Hamburger Whipped Potatoes Chilled Diced Peaches Milk	Crispy Drumstick Green Beans Apple Whole-Grain Biscuit Milk	Lit'l Smokies Ranchero Beans Mixed Fruit Whole-Grain Tortilla Milk	Cheese Enchilada Whole-Grain Green Chile Sauce Carrot Sticks Fresh Grapes Milk Salsa	Pepperoni Pizza on a Whole-Grain crust Rotini & Meat Sauce Garden Salad with Dressing Diced Pears Wheat Breadstick Milk



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## Heritage Elementary School Williams January After-School Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>31-Dec</b>	<b>1-Jan</b>	<b>2-Jan</b>	<b>3-Jan</b>	<b>4-Jan</b>
Winter Holiday No School	Winter Holiday No School	Winter Holiday No School	Heartzels Pretzels Celery Sticks	Rice Krispies Treat String Cheese Stick
<b>7-Jan</b>	<b>8-Jan</b>	<b>9-Jan</b>	<b>10-Jan</b>	<b>11-Jan</b>
Cheez-It Crackers Applesauce Cups	Animal Crackers Cheddar Cheese Stick	Rice Krispies Treat Apple	Chex Traditional Snack Mix Carrotteenes	Elf Chocolate Graham Crackers String Cheese Stick
<b>14-Jan</b>	<b>15-Jan</b>	<b>16-Jan</b>	<b>17-Jan</b>	<b>18-Jan</b>
Cheez-It Crackers Applesauce Cups	Mini Cinnamon Graham Cracker Cheddar Cheese Stick	Quaker Snack Mix Apple	Heartzels Pretzels Celery Sticks	Rice Krispies Treat String Cheese Stick
<b>21-Jan</b>	<b>22-Jan</b>	<b>23-Jan</b>	<b>24-Jan</b>	<b>25-Jan</b>
Martin Luther King, Jr. Day No School	Scooby Doo Graham Sticks Cheddar Cheese Stick	Rice Krispies Treat Apple	Strawberry Yogurt Chex Mix Carrotteenes	Elf Chocolate Graham Crackers String Cheese Stick
<b>28-Jan</b>	<b>29-Jan</b>	<b>30-Jan</b>	<b>31-Jan</b>	<b>1-Feb</b>
Cheez-It Crackers Applesauce Cups	Bug Bites Graham Cracker Cheddar Cheese Stick	Chex Traditional Snack Mix Apple	Cheddar Chex Mix Celery Sticks	Rice Krispies Treat String Cheese Stick



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