



## Heritage Elementary School Williams October Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>30-Sep</b>	<b>1-Oct</b>	<b>2-Oct</b>	<b>3-Oct</b>	<b>4-Oct</b>
Select 2 items: Cheerios Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and 100% Grape Juice	Select 2 items: Bagel with Cream Cheese Scooby Doo Graham Sticks Milk, White Breakfast and Applesauce Cups	Select 2 items: Choc Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable	Select 2 items: Coffee Cake Cinn.Toast Cereal Milk, White Breakfast and an Apple Twist Fruitable	Select 2 items: Blueberry Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice
<b>7-Oct</b>	<b>8-Oct</b>	<b>9-Oct</b>	<b>10-Oct</b>	<b>11-Oct</b>
<b>Fall Break No School</b>	<b>Fall Break No School</b>	<b>Fall Break No School</b>	<b>Fall Break No School</b>	<b>Fall Break No School</b>
<b>14-Oct</b>	<b>15-Oct</b>	<b>16-Oct</b>	<b>17-Oct</b>	<b>18-Oct</b>
Select 2 items: Lucky Charms Cereal Lemon Chip Crisp Bar Milk, White Breakfast and 100% Grape Juice	Select 2 items: Cinnamon Raisin Bagel with Cream Cheese Bug Bites Graham Cracker Milk, White Breakfast and Applesauce Cups	Select 2 items: French Toast Benefit Bar Chocolate Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable	Select 2 items: Mini Donuts Maple Brown Sugar Granola Bar Milk, White Breakfast and an Apple Twist Fruitable	Select 2 items: Chocolate Chip Whole-Grain Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice
<b>21-Oct</b>	<b>22-Oct</b>	<b>23-Oct</b>	<b>24-Oct</b>	<b>25-Oct</b>
Select 2 items: Mini Wheats Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and 100% Grape Juice	Select 2 items: Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast and Applesauce Cups	Select 2 items: Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable	Select 2 items: Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast and an Apple Twist Fruitable	Select 2 items: Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice
<b>10/2/</b>	<b>29-Oct</b>	<b>30-Oct</b>	<b>31-Oct</b>	<b>1-Nov</b>
Select 2 items: Cinnamon Toast Cereal Cherry Frudel Milk, White Breakfast and 100% Grape Juice	Select 2 items: Cinnamon Raisin Bagel with Cream Cheese Elf Graham Cracker Milk, White Breakfast and Applesauce Cups	Select 2 items: French Toast Benefit Bar Strawberry Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable	Select 2 items: Mini Donuts Maple Brown Sugar Granola Bar Milk, White Breakfast and an Apple Twist Fruitable	Select 2 items: Banana Muffin Whole-Grain Go-Gurt Milk, White Breakfast 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 October Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>30-Sep</b>	<b>1-Oct</b>	<b>2-Oct</b>	<b>3-Oct</b>	<b>4-Oct</b>
Hamburger Barbecue Beans Peaches Milk	Bean & Cheese Pupusa Fiesta Corn Apple Milk	Chicken Nuggets with Roll Green Beans Mixed Fruit Milk	Brunch for Lunch Pancake & Sausage Stick Sweet Potato Tots Fresh Grapes Milk	<b>Half Day No Lunch</b>
<b>7-Oct</b>	<b>8-Oct</b>	<b>9-Oct</b>	<b>10-Oct</b>	<b>11-Oct</b>
<b>Fall Break No School</b>	<b>Fall Break No School</b>	<b>Fall Break No School</b>	<b>Fall Break No School</b>	<b>Fall Break No School</b>
<b>14-Oct</b>	<b>15-Oct</b>	<b>16-Oct</b>	<b>17-Oct</b>	<b>18-Oct</b>
Lit'l Smokies Whipped Potatoes Peaches Milk	Chicken Quesadilla Refried Beans Banana Milk	Turkey Corn Dog Mixed Vegetables Mixed Fruit Milk	Grilled Cheese Sandwich Sunshine Carrots Orange Slices Milk	Pepperoni Pizza Garden Salad with Dressing Applesauce Milk
<b>21-Oct</b>	<b>22-Oct</b>	<b>23-Oct</b>	<b>24-Oct</b>	<b>25-Oct</b>
Bacon Cheeseburger Barbecue Beans Peaches Milk	Chicken & Cheese Burrito Fiesta Corn Apple Milk	Turkey Corn Dog Mixed Vegetables Mixed Fruit Milk	Chicken & Waffle Sweet Potato Tots Fresh Grapes Milk	Cheese Pizza Steamed Broccoli Diced Pears Milk
<b>10/2/</b>	<b>29-Oct</b>	<b>30-Oct</b>	<b>31-Oct</b>	<b>1-Nov</b>
Hot Diggity Dog Smile Potatoes Peaches Milk	Nachos with Cheese Refried Beans Banana Milk	Ham & Cheese Croissant Chocolate Chip Benefit Bar Mixed Fruit Milk	Chicken Strips Honey Carrots Orange Slices Milk	Pepperoni Pizza Garden Salad with Dressing Applesauce Milk



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