



Heritage Elementary School October Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 Fall Break	6 Fall Break	7 Fall Break	8 Fall Break	9 Fall Break
12 Grab-n-Go Meal Lucky Charms with a Cheese Stick Craisins / Juice Milk	13 Grab-n-Go Meal Bagel Craisins / Juice Milk	14 Grab-n-Go Meal Strawberry Pop-Tart Orange Slices/Juice Milk	15 Grab-n-Go Meal Trix with a Cheese Stick Craisins / Juice Milk	16 Grab-n-Go Meal Whole-Grain Chocolate Chip Muffin Fresh Banana / Juice Milk
19 Select 2 items: Cheerios Cereal Apple Nutri-Grain Milk and Applesauce Cups	20 Select 2 items: Bagel with Cream Cheese Scooby Doo Graham Sticks Milk and Fresh Grapes / Juice	21 Select 2 items: Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk and Applesauce Cups	22 Select 2 items: Cinnamon Toast Cereal Colby Jack Cheese Stick Milk and 100% Orange Juice	23 Select 2 items: Blueberry Muffin Go-Gurt Milk and Applesauce Cups
26 Select 2 items: Lucky Charms Cereal Strawberry Nutri-Grain Milk and Applesauce Cups	27 Select 2 items: Bagel with Cream Cheese Bug Bites Graham Cracker Milk and Fresh Grapes / Juice	28 Select 2 items: French Toast Benefit Bar Strawberry Pop-Tart Milk and Applesauce Cups	29 Select 2 items: French Toast Benefit Bar Maple Brown Sugar Granola Bar Milk and 100% Orange Juice	30 Select 2 items: Whole-Grain Chocolate Chip Muffin Go-Gurt Milk and Applesauce Cups

Choice of fat-free or 1% white milk is available for breakfast. Raisins or Cranraisins are also available.
Choice of fat-free or 1% white milk and fat-free chocolate milk is available for lunch.

Menu is subject to change without notice.

“This institution is an equal opportunity provider.”

**All Students eligible for free meals beginning
September 14th - December 31st, 2020!**



Heritage Elementary School October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 Fall Break No School	6 Fall Break No School	7 Fall Break No School	8 Fall Break No School	9 Fall Break No School
12 Turkey Corn Dog Ranchero Beans Red Delicious Apple	13 Taco Stick Refried Beans Red Delicious Apple	14 Grilled Cheese Sandwich Carrot Sticks / Ranch Mixed Fruit Cups	15 Deli Sub Sandwich Celery Sticks Applesauce Cups	16 Soft Pretzels with Cheese Broccoli Bites / Ranch Applesauce Cups
19 Bacon Cheeseburger Barbecue Beans Peaches Milk	20 Chicken & Cheese Burrito Fiesta Corn Red Delicious Apple Milk	21 Turkey Corn Dog Mixed Vegetables Mixed Fruit Milk	22 Chicken & Waffle Sweet Potato Tots Fresh Grapes Milk	23 Cheese Pizza Steamed Broccoli Diced Pears Milk
26 Ball Park Frank Smile Potatoes Peaches Milk	27 Nachos with Cheese Refried Beans Fresh Banana Milk	28 Ham & Cheese Crossiant Green Beans Mixed Fruit Milk	29 Chicken Strips Honey Carrots Orange Slices Milk	30 Pepperoni Pizza Garden Salad with Dressing Applesauce Milk

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Choice of fat-free or 1% white milk and fat-free chocolate milk is available for lunch.

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

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