

Heritage Elementary Williams

AUGUST

Free School Meals Rock!

ALL MEALS ARE FREE
FOR ALL STUDENTS

Breakfast & Lunch Menu

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
 <p>Select 2 Items: Milk, Bagel OR GrahamCracker and Applesauce Cup Chicken & Waffles Sweet Potatoe Banana</p>	<p>Select 2 Items: Milk, Cereal OR Poptart and Fruitocracy Corn Dog Steamed Broccoli Mixed Fruit</p>	<p>Select 2 Items: Milk, Benefit Bar OR Cheese and 100% Jucie Corn Dog Steamed Broccoli Grapes</p>	<p>Select 2 Items: Milk, Muffin OR Go-Gurt and Fruitocracy Bacon Cheeseburger BBQ Beans Diced Pears</p>	
9	10	11	12	13
<p>Select 2 Items: Milk, Cereal OR Nuti-Grain and 100% Jucie Supreme Nachos Refried Beans Orange Slices</p>	<p>Select 2 Items: Milk, Bagel OR GrahamCracker and Applesauce Cup Chicken Strips Sweet Potatoe Tots Apple</p>	<p>Select 2 Items: Milk, Cereal OR Poptart and Fruitocracy Meatball Sandwich Green Beans Mixed Fruit</p>	<p>Select 2 Items: Milk, Donut OR Cheese and 100% Jucie Cheese Pizza Garden Salad Orange Slices</p>	<p>Select 2 Items: Milk, Muffin OR Go-Gurt and Fruitocracy Ball Park Frank Smile Potatoes Diced Pers</p>
16	17	18	19	20
<p>Select 2 Items: Milk, Cereal OR Nuti-Grain and 100% Jucie Chicken Taco Bowl Refried Beans Diced Peaches</p>	<p>Select 2 Items: Milk, Bagel OR GrahamCracker and Applesauce Cup Brunch for Lunch Sweet Potatoe Fries Banana</p>	<p>Select 2 Items: Milk, Cereal OR Poptart and Fruitocracy Deli Turkey Sub Fresh Veggies Mixed Fruit</p>	<p>Select 2 Items: Milk, Benefit Bar OR Cheese and 100% Jucie Pepperoni Calzone Broccoli Grapes</p>	<p>Select 2 Items: Milk, Muffin OR Go-Gurt and Fruitocracy Hamburger Tator Tots Diced Pears</p>
23	24	25	26	27
<p>Select 2 Items: Milk, Cereal OR Nuti-Grain and 100% Jucie Walking Taco Refried Beans Diced Peaches</p>	<p>Select 2 Items: Milk, Bagel OR GrahamCracker and Applesauce Cup Chicken Nuggets Mashed Potatoes Apple</p>	<p>Select 2 Items: Milk, Cereal OR Poptart and Fruitocracy Grilled Cheese Green Beans Mixed Fruit</p>	<p>Select 2 Items: Milk, Donut OR Cheese and 100% Jucie Pretzel with Cheese Garden Salad Orange Slices</p>	<p>Select 2 Items: Milk, Muffin OR Go-Gurt and Fruitocracy Chicken Pattie Sandwich Sweet Potato Fries Diced Pears</p>
30	31	1	2	3
<p>Select 2 Items: Milk, Cereal OR Nuti-Grain and 100% Jucie Black Bean Tostada Diced Peaches</p>	<p>Select 2 Items: Milk, Bagel OR GrahamCracker and Applesauce Cup BBQ Chicken Drumstick Sweet Potato Tots Apple</p>	<p>Select 2 Items: Milk, Cereal OR Poptart and Fruitocracy Corn Dog Fresh Veggies Mixed Fruit</p>	<p>Select 2 Items: Milk, Benefit Bar OR Cheese and Apple Crisp Cheese Pizza Stick Steamed Broccoli Orange Slices</p>	<p>Select 2 Items: Milk, Muffin OR Go-Gurt and 100% Jucie Bacon Cheeseburger Sweet Potato Fries Diced Pears</p>



1% Milk, Fat Free Flavored & Skim available for Breakfast and Lunch
ALL MEALS ARE SERVED WITH A VARIETY OF FRUITS & VEGETABLES



This Institution Is An Equal Opportunity Employee & Provider

THIS MENU IS SUBJECT TO CHANGE

Apply for FREE or REDUCED Applications are available at the Front Dest

