

Heritage Elementary

Williams Campus

JANUARY MENU



1% milk, fat-free flavored & skim milk are available for breakfast and lunch.
Craisins, raisins, and dried apple chips are also available in addition to breakfast menu items.

Monday	Tuesday	Wednesday	Thursday	Friday
			4	5
			Cinnamon UBR Mixed Fruit Cheese Cubes	French Toast Sticks Red Delicious Apple Strawberry Banana
			Meatloaf Burger BBQ Baked Beans Mixed Fruit	Spaghetti & Meat Steamed Broccoli Sweet Orange Slices
8	9	10	11	12
Fudge Pop-Tart 100% Fruit Juice Bunny Friends Grahams Stuffed Crust Cheese Or Pepperoni Pizza Baby Baker Taters Sliced Peaches	Strawberry Bagel Bar Fresh Grapes Cheese Cubes	Mini Waffles Apple Sauce Vanilla Goldfish	Cinnamon Bun Fuzzy Kiwi String Cheese	Mini Donuts Sweet & Sour Apples Blueberry Yogurt
	Soft Taco Tuesday! Steamed Broccoli Golden Bananas	Bosco Pepperoni Stick Garlic Green Beans Sweet Orange Slices	BBQ Chicken /Roll Sweet Potato Fries Gala Apple Slices	Chicken Tater Bowl BBQ Baked Beans Mango Chunks
15	16	17	18	19
MARTIN LUTHER KING JR DAY	Team Cheerios Bar Fresh Grapes Cheese Cubes	Cherry Apple Crunch Fresh Fruit Variety Blueberry Vanilla Bites	Mini Pancakes Sweet Orange Slices String Cheese	Breakfast Bites Rainbow Gala Apple Strawberry Go-Gurt
	Chicken Nuggets / Roll Crispy Tater Tots Sweet Orange Slices	Beef Taco Stick Broccoli Bites Sliced Peaches	Sloppy Joes Carrot Sticks & Ranch Golden Bananas	Chili Bowl & Cornbread Green Beans Sweet Strawberries
22	23	24	25	26
Strawberry Pop-Tart 100% Fruit Juice Chat Snacks Stuffed Crust Cheese Or Pepperoni Pizza Baked Potato Wedges Mixed Fruit	Mini Cinnis Fresh Grapes Cheese Cubes	Lemon Chip Crunch Apple Sauce Bunny Friends Grahams	Apple Frudel Fuzzy Kiwi String Cheese	French Toast Sticks Red Delicious Apple Vanilla Yogurt
	Mandarin Chicken Steamed Broccoli Golden Bananas	Soft Pretzel & Cheese Zesty Green Beans Sweet Orange Slices	Baked Chicken / Roll BBQ Baked Beans Cinnamon Apple Slices	Chicken Quesadilla Sweet Potato Fries Fresh Grapes
29	30	31	<p>Paid Lunch Price - \$2.85 Reduced Price Lunch - NO CHARGE! Breakfast is FREE for all!</p>	
Golden Grahams Bar 100% Fruit Juice Vanilla Goldfish	Wild Berry Waffles Fresh Grapes Cheese Cubes	Honey Bun Fresh Fruit Variety Blueberry Vanilla Bites		
Beefy Nacho Supreme Curly Q Potatoes Diced Pears	Cheesy Beef Burger Garlic Green Beans Gala Apple Slices	Boneless Wings / Roll Broccoli Bites Sliced Peaches		



January Food Traditions Celebrated Around The World

German - Pork and Sauerkraut are eaten on New Years Day to bring good luck in the New Year.

Japanese- Soba Noodles, or Toshiko Shi soba are eaten New Year's eve to welcome the New Year.

Southern American - Hoppin' John is a dish comprised of black eyed peas, pork, rice and greens.

Spanish - 12 grapes are eaten at the stroke of midnight on New Year's Eve, one for each month of the year.

Mexican - Tamales are stuffed with meat, cheese, and masa, wrapped in a banana leaf or corn husk.



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This Institution Is An Equal Opportunity Provider - This Menu Is Subject To Change



Heritage Elementary School Williams

JANUARY SNACK MENU

Monday

No School Today

Pretzel
Goldfish
Crackers

100 % Fruit Juice

No School Today

WG Nacho
Cheese
Doritos

100 % Fruit Juice

WG Honey
Bun Crackers

100 % Fruit Juice

Tuesday

No School Today

WG Graham
Crackers &
String Cheese

100 % Fruit Juice

WG White
Cheddar
Popcorn

100 % Fruit Juice

Baked
BBQ Crisps

100 % Fruit Juice

WG Baked
Hot Cheetos

100 % Fruit Juice

Wednesday

No School Today

Cheex Mix

Apple Slices
&
Cherry Craisins

Cheez-Its

Apple Slices
&
Cherry Craisins

Cheex Mix

Apple Slices
&
Cherry Craisins

Cheez-Its

Apple Slices
&
Cherry Craisins

Thursday

WG Nacho
Cheese
Doritos

100 % Fruit Juice

WG Baked
Hot Cheetos

100 % Fruit Juice

Rainbow
Goldfish
Crackers

100 % Fruit Juice

Pretzel
Goldfish
Crackers

100 % Fruit Juice

Friday

Baked
BBQ Crisps

100 % Fruit Juice

WG Cherry
Apple Crunch

100 % Fruit Juice

WG Rice
Krispie
Treat

100 % Fruit Juice

WG Cherry
Apple Crunch

100 % Fruit Juice

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