




Heritage Elementary School Williams

OCTOBER









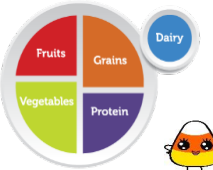


1% milk, fat-free flavored & skim milk are available for breakfast and lunch. Craisins, raisins, and dried apple chips are also available in addition to breakfast menu items.

MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	 <p>Blueberry Waffles Fresh Grapes Cheese Cubes</p> <p>Creamy Chicken Alfredo Steamed Broccoli Sliced Pears</p>	 <p>Apple Cheerios Cinnamon Applesauce Tiger Grahams</p> <p>Cheeseburger Mixed Vegetables Sliced Strawberries</p>	<p>Strawberry Bagel Bar 100% Fruit Juice String Cheese</p> <p>Ham / Cheese Croissant Celery Sticks /Ranch Rainbow Gala Apples</p>	<p>Double Chocolate Muffin Apple Grins Strawberry Go-Gurt</p> <p>BYO Pizza Kit Baby Carrots / Ranch Fuzzy Peaches</p>
7	8	9	10	11



14	15	16	17	18
<p>Strawberry Pop-Tart 100% Fruit Juice Mini Honey Grahams</p> <p>Baked Mozzarella Roasted Corn Cinnamon Applesauce</p>	 <p>Apple Frudel Apple Grins Cheese Cubes</p> <p>Mandarin Chicken Bowl Steamed Broccoli Sweet Orange Slices</p>	 <p>Coco Puffs Cereal Golden Bananas Giant Vanilla Goldfish</p> <p>Crispy Chicken Sandwich Garlic Green Beans Sliced Pears</p>	<p>Bagel & Cream Cheese 100 % Fruit Juice String Cheese</p> <p>Spaghetti / Meatsauce Refried Beans Fresh Grapes</p>	 <p>Mini Donuts Purple Plums Peach Yogurt</p> <p>Sloppy Joes Baby Carrots / Ranch Melon Medley</p>
21	22	23	24	25
<p>Cherry Apple Crunch 100% Fruit Juice Vanilla Chat Snacks</p> <p>Chili Bowl / Cornbread Sweet Corn Nibletts Sliced Peaches</p>	 <p>Carrot Top Muffin Fresh Grapes Cheese Cubes</p> <p>Chicken Chow Mein Broccoli Bites Sweet Orange Slices</p>	<p>Lucky Charms Cereal Apple Sauce Tiger Grahams</p> <p>Boneless Wings BBQ Baked Beans Cinnamon Apple Sauce</p>	 <p>Blueberry Loaf 100% Fruit Juice String Cheese</p> <p>Chicken Tater Bowl Baby Carrots / Ranch Fresh Grapes</p>	 <p>Mini Cinnis Fuzzy Peaches Vanilla Yogurt</p> <p>Pepperoni Pizza Mixed Salad Greens Melon Medley</p>
28	29	30	31	
<p>Cinnamon UBR 100% Fruit Juice Bunny Friends Grahams</p> <p>Mini Corn Dogs Baby Bakers Fruit Cocktail</p>	 <p>Co Co Dot Muffin Apple Grins Cheese Cubes</p> <p>Chicken Parm Sandwich Steamed Broccoli Golden Bananas</p>	 <p>French Toast Sticks Mandarin Fruit Cup Honey Grahams</p> <p>Bosco Pizza Stick Baby Carrots / Ranch Fresh Grapes</p>	<p>Confetti Pancakes 100% Fruit Juice String Cheese</p> <p>Beefy GHOULASH! Mixed Vegetables Sweet Orange Slices</p>	



Free Breakfast and Lunch for all students!





Meals are FREE for all students - no need to complete a meal application!
This institution is an Equal Opportunity Provider

Heritage Elementary Williams

October Snack Menu

Monday



Tuesday

Wednesday

Thursday

Friday

WG Graham
Crackers &
String Cheese

100 % Fruit Juice

Early Release
No Aftercare

Early Release
No Aftercare

Early Release
No Aftercare

No School Today

No School Today

No School Today

No School Today

No School Today

WG Baked
Cheetos

100 % Fruit Juice

WG White
Cheddar
Popcorn

100 % Fruit Juice

Cheez-Its

Apple Slices
&
Strawberry Raisins

WG Graham
Crackers &
String Cheese

100 % Fruit Juice

WG Rice
Krispie
Treat

100 % Fruit Juice

WG Cheddar
Sun Chips

100 % Fruit Juice

WG Chocolate
Chip Oatmeal
Bar

100 % Fruit Juice

Chex Mix

Apple Slices
&
Orange Craisins

Strawberry
Nutri-Grain Bar

100 % Fruit Juice

WG Cinnamon
Pop-Tart

100 % Fruit Juice

WG Graham
Crackers &
String Cheese

100 % Fruit Juice

WG Nacho
Cheese
Doritos

100 % Fruit Juice

Cheez-Its

Apple Slices
&
Raspberry Raisins

WG Rice
Krispie
Treat

100 % Fruit Juice



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MY
SCHOOL
BUCKS

PAY FOR MEALS ONLINE
MySchoolBucks.com