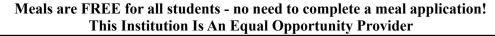
## Heritage Elementary School Williams

## September 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.

- СРТОТИВ С				
Monday	Tuesday	Wednesday	Thursday	Friday
		-		
Fruits	Dairy	D 1.6 1		11 11 11
Grains	rre	e Breakfast	and 7	
Vegetables Protein	Lunc	h for all stud	dents!	
1	2	3	4	
<u> </u>	C: D II		Pl 1 0 1	
	Cinnamon Rolls	Biscuits / Gravy	Blueberry Oatmeal	Breakfast Sandwich
HAPPY →	Red Apple Slices	Sliced Pears	Golden Bananas	Cinnamon
*000	Hash Brown Patties	Sausage Links	Scrambled Eggs	Vanilla Yogurt
Javer				
DAY DAY	Chicken Tenders / Roll	Backyard Grill Burger	Rotini & Meat Sauce	Chicken Posole
- <del>*</del>	Tater Smiles	Baby Carrots / Ranch	Broccoli Bites	Refried Beans
4	Mixed Fruit	Fresh Grapes	Sweet Orange Slices	Sliced Watermelons
8	9	10	11	12
Breakfast Bites		Apple Frudel	Causes Des -1-	Mini Donuts
	Breakfast Burrito		Sausage Bagels	
Mixed Fruit	Sliced Pears	Fuzzy Peaches	Fresh Grapes	Sliced Strawberries
Crispy Bacon	Strawberry Yogurt	Sausage Links	Potato Baby Cakes	Scrambled Eggs
	l .			
Walking Taco	Cheesy Calzone	Boneless Wings/Roll	Beef Taco Crisp Up's	Pepperoni Pizza
Mexicali Corn	Steamed Broccoli	Baby Carrots / Ranch	BBQ Baked Beans	Mixed Salad Greens
Sweet Orange Slices	Fresh Grapes	Berry Kiwi Sidekick	Cinnamon Apple Slices	Melon Medley
15	16	17	18	19
Super Pumpkin Bread	Homestyle Waffles	Apple Cinnamon Oatmeal	Strawberry Bagel Bar	Egg / Cheese Flatbread
Fresh Fruit Variety	Golden Apple Slices	Golden Bananas	Purple Plums	Nectarines
Cheese Cubes	Sausage Links	Hash Brown Patties	Crispy Bacon	Strawberry Go-Gurt
Baked Mozzarella	Mandarin Chicken Bowl	Beef Taco Stick	Sloppy Joes	Crispy Fish Tacos
Curly Q Potatoes	Broccoli Bites	Baby Carrots / Ranch	BBQ Baked Beans	Zesty Green Beans
Sliced Peaches	Sweet Orange Slices	Fresh Grapes	Sliced Watermelons	Sweet & Sour Apples
22	23	24	25	26
Mini Caramel Cinnis	French Toast Sticks	Double Chocolate Muffin	Chicken Waffle Sandwich	Mini Donuts
Red Apple Slices	Diced Pears	Fuzzy Peaches	Sliced Strawberries	Nurple Plums
Sausage Links	Potato Baby Cakes	Crispy Bacon	Peach Yogurt	Scrambled Eggs
Baked Chicken Drum	Beef Quesadilla	Chicken Poppers / Roll	Chicken Alfredo	Pepperoni Pizza
Roasted Corn	Refried Beans	Babv Carrots / Ranch	Steamed Broccoli	Mixed Salad Greens
Fruit Cocktail	Mixed Berries	Sour Cherry Sidekick	Sweet Orange Slices	Melon Medley
29	30			
Blueberry Pancakes	Breakfast Sandwich			
Mixed Fruit	👔 Golden Bananas	Enjoyedly Dawsin d	on Houitess Flame	
Cheese Cubes	Vanilla Yogurt		er - Heritage Eleme	_
1		be providing	<b>HOT</b> Breakfast with	many
Mini Corn Dogs	Crispy Cheese Taquitos	additional offe	erings in the cafeteri	ia daily!
1			<b>3</b>	
Baked Potato Wedges	Broccoli Bites			
Cinnamon Apple Slices	Fresh Grapes			







## La Paloma Academy



	Monday	Tuesday	Wednesday	Thursday	Friday	
NO SCHOOL	1	WG Cinnamon 2	Chex Mix 3	WG White 4	WG Chocolate 5	
	Roll Crackers		Nacho Cheese	Chip Oatmeal		
	TODAY		Apple Slices	Doritos	Bar	
		400.0/ 5	&	1000/ 5 1: 1:	&	
		100 % Fruit Juice	Orange Craisins	100 % Fruit Juice	String Cheese	
	WG Graham 8	WG Scooby – 9	Cheez – Its 10	WG Maple	WG Rice 12	
	Crackers	Doo Crackers		Waffle Crackers	Krispie	
	& C:: C!		Fresh Fruit		Treat	
	String Cheese	100 % Fruit Juice	& Lamanada Craisina	100 % Fruit Juice	Cheese Cubes	
			Lemonade Craisins			
	Rainbow 15	WG White 16	Chex Mix 17	WG Cheddar 18	WG Double 19	
	Goldfish	Cheddar	A I . CI'	Sun chips	Chocolate Oatmeal	
	Crackers	Popcorn	Apple Slices		Bar	
	& String cheese	100 % Fruit Juice	∝ Strawberry Craisins	100 % Fruit Juice	String Cheese	
		WC Cinnerson				
	WG Graham 22 Crackers	WG Cinnamon Roll Crackers	Cheez – Its 24	Goldfish Pretzel 25 Crackers	WG Rice 26 Krispie	
	Crackers &	Roll Crackers	Fresh Fruit	Crackers	Treat	
	String Cheese		%		neat	
<u>/</u>	String Cheese	100 % Fruit Juice	Watermelon Craisins	100 % Fruit Juice	Cheese Cubes	
	WG White 29	WG White 30	A .		2+2	
	Nacho Cheese	Cheddar		+		
-	Doritos	Popcorn		X	4	
	100 % Fruit Juice	Cheese Cubes		Julia		