

HERITAGE ELEMENTARY SCHOOL WILLIAMS



OCTOBER 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
<div> <div> </div> <div> Free Breakfast and Lunch for all students! </div> </div>				
6	7	8	9	10
<div> </div> <div> <h1>Happy Fall Break!</h1> </div>				
13	14	15	16	17
<p>Cinnamon UBR Fresh Grapes Hash Brown Patties</p> <p>Popcorn Chicken / Roll Baked Potato Wedges Mixed Fruit</p>	<p>French Toast Sticks Gala Apple Slices Crispy Bacon</p> <p>Chicken Quesadilla Broccoli Bites Sweet Orange Slices</p>	<p>Biscuits & Gravy Golden Bananas Sausage Patty</p> <p>Backyard Grill Baby Carrots / Ranch Fresh Grapes</p>	<p>Breakfast Pizza Fuzzy Kiwi Vanilla Yogurt</p> <p>Taco Stick Refried Beans Green Apple Slices</p>	<p>Mini Donuts Applesauce Scrambled Eggs</p> <p>Cheese Or Pepperoni Pizza Mixed Salad Greens Melon Medley</p>
20	21	22	23	24
<p>Apple Frudel Mixed Fruit Potato Baby Cakes</p> <p>Nacho Supreme Curly Q Potatoes Sliced Strawberries</p>	<p>Sweet Emoji Waffles Diced Peaches Sausage Patties</p> <p>Hot Diggity Dog BBQ Baked Beans Cinnamon Apple</p>	<p>Breakfast Sandwich Sliced Strawberries</p> <p>Chicken Filet Baby Carrots / Ranch Peach Applesauce</p>	<p>Honeybun Purple Plums Cheese Cubes</p> <p>Mandarin Chicken Broccoli Bites Sweet Orange Slices</p>	<p>Egg / Cheese Flatbread Golden Bananas Strawberry Yogurt</p> <p>Sloppy Joes Mixed Salad Greens Watermelon Slices</p>
27	28	29	30	31
<p>Mini Caramel Cinni's Apple Slices String Cheese</p> <p>Bosco Pepperoni Stick Crinkle Cut Fries Sliced Peaches</p>	<p>Sausage Bagels Fuzzy Kiwi Vanilla Yogurt</p> <p>Baked Chicken Drum BBQ Baked Beans Mixed Berries</p>	<p>Homestyle Pancakes Diced Pears Sausage Links</p> <p>Mini Corn Dogs Baby Carrots / Ranch Gala Apple Slices</p>	<p>Baked Cinnamon Rolls Fresh Grapes Hash Brown Patties</p> <p>Macaroni & Cheese Steamed Broccoli Sweet Orange Slices</p>	<p>Super Pumpkin Bread Melon Medley Crispy Bacon</p> <p>Cheese Or Pepperoni Pizza Mixed Salad Greens Mango Berry Sidekick</p>

Meals are FREE for all students - no need to complete a meal application!
USDA is an Equal Opportunity Provider, Employer and Lender

Heritage Elementary School Williams

October Snack Menu

Monday



Tuesday



Wednesday

Thursday

Friday



Chex Mix
Apple Slices
&
Orange Craisins

WG White
Nacho Cheese
Doritos
100 % Fruit Juice

No Aftercare
Today

NO SCHOOL
Today

NO SCHOOL
Today

NO SCHOOL
Today

NO SCHOOL
Today

NO SCHOOL
Today

WG Graham
Crackers
&
String Cheese

Rainbow
Goldfish
Crackers
&
100 % Fruit Juice

Cheez – Its
Fresh Fruit
&
Lemonade Craisins

WG Cheddar
Sun chips
100 % Fruit Juice

WG Rice
Krispie
Treat
Cheese Cubes

WG White
Cheddar
Popcorn
100 % Fruit Juice

WG Graham
Crackers
&
String Cheese

Chex Mix
Apple Slices
&
Strawberry Craisins

WG Cinnamon
Crisp
Crackers
100 % Fruit Juice

WG Chocolate
Chip Oatmeal
Bar
&
String Cheese

Goldfish Pretzel
Crackers
100 % Fruit Juice

WG White
Nacho Cheese
Doritos
100 % Fruit Juice

Cheez – Its
Fresh Fruit
&
Watermelon Craisins

WG Cheddar
Sun Chips
100 % Fruit Juice

WG Rice
Krispie
Treat
Cheese Cubes