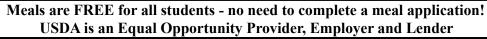
HERITAGE ELEMENTARY SCHOOL WILLIAMS

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.

ANTANKW MINNA						
Monday	Tuesday	Wednesday	Thursday	Friday		
	Dairy					
Fruits Grains						
				8		
Vegetables Protein						
	VectorStock					
	Vectorstock	, vectoratoux.	2	3		
	9	Baked Cinnamon Rolls	Blueberry Oatmeal	Sausage / Egg Taquitos		
Free Break	fact and	Fruit Cocktail	Fuzzy Peaches	Sliced Strawberries		
Fice Dicak	last allu	Hash Brown Patties	Scrambled Eggs	Peach Yogurt		
Lunch for all		Hawiian Bun	Anytimers Pizza Kit	Croissant Sandwich		
Lunch 1	or an	Celery Sticks / Ranch	Baby Carrots / Ranch	Celery Sticks / Ranch		
students!		Gold Rush Juice	Power Punch Juice	Sun Splash Juice		
Staden	/ • (Sweet Oranges	Golden Bananas	Red Delicious Apples		
6	7	8	9	10		
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	Market 1					
		Lall				
A NOTE OF THE PARTY OF THE PART						
are Augustin A. A.				A Comment of the Comm		
13	14	15	16	17		
Cinnamon UBR	French Toast Sticks	Biscuits & Gravy	Breakfast Pizza	Mini Donuts		
Fresh Grapes	Gala Apple Slices	Golden Bananas	Fuzzy Kiwi	<i>Applesauce</i>		
Hash Brown Patties	Crispy Bacon	Sausage Patty	Vanilla Yogurt	Scrambled Eggs		
				Cheese Or		
Popcorn Chicken / Roll	Chicken Quesadilla	Backyard Grill	Taco Stick	Pepperoni Pizza		
Baked Potato Wedges	Broccoli Bites	Baby Carrots / Ranch	Refried Beans	Mixed Salad Greens		
Mixed Fruit	Sweet Orange Slices	Fresh Grapes	Green Apple Slices	Melon Medley		
20	21	22	23	24		
Apple Frudel	Sweet Emoji Waffles	Breakfast Sandwich	- Honeybun	Egg / Cheese Flatbread		
Mixed Fruit	, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Sliced Strawberries	Purple Plums	Golden Bananas		
Potato Baby Cakes	Sausage Patties	Siicea sa awbei i les		Strawberry Yogurt		
rotato baby cakes	Suusuye Puttles		Cheese Cubes	/ Sulumberry logart		
Nacho Supreme	Hot Diggity Dog	Chicken Filet	 Mandarin Chicken	Sloppy Joes		
Curly Q Potatoes	BBQ Baked Beans	Baby Carrots / Ranch	Broccoli Bites	Mixed Salad Greens		
Sliced Strawberries	Cinnamon Apple	Peach Applesauce	Sweet Orange Slices	Watermelon Slices		
27	28	29	30	31		
Mini Caramel Cinni's	Sausage Bagels	Homestyle Pancakes	Baked Cinnamon Rolls	Super Pumpkin Bread		
Apple Slices	Fuzzy Kiwi	Digad Dagra	Fresh Grapes	Melon Medley		
String Cheese	Vanilla Yogurt	Sausage Links	Hash Brown Patties	Crispy Bacon		
1		g v		Cheese Or		
Bosco Pepperoni Stick	Dalzad Chielean Duren	Mini Corn Dogs	Macaroni & Cheese	Pepperoni Pizza		
Crinkle Cut Fries	Baked Chicken Drum BBQ Baked Beans	Mini Corn Dogs Baby Carrots / Ranch	Steamed Broccoli	Pepperoni Pizza Mixed Salad Greens		
	Mixed Berries					
Sliced Peaches	Iviixed Berries	Gala Apple Slices	Sweet Orange Slices	Mango Berry Sidekick		





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 14 Goldfish Crackers & 100 % Fruit Juice	Cheez – Its 15 Fresh Fruit & Lemonade Craisins	WG Cheddar Sun chips 100 % Fruit Juice	WG Rice Krispie Treat Cheese Cubes
XXXX	WG White 20 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 27 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