

Heritage Elementary School

OCTOBER MENU

Free School Meals Rock!



Monday	Tuesday	Wednesday	Thursday	Friday
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EAT THE RAINBOW

<p>4</p> <p>Coco Puffs Cereal Bar Watermelon Raisins</p> <p>Nacho Supreme Stuffed-Crust Pizza Celery Sticks Sliced Peaches</p>	<p>5</p> <p>Carrot Muffin Golden Bananas</p> <p>Beef Quesadilla BBQ Pork Sandwich Refried Beans Cinnamon Apples</p>	<p>6</p> <p>Maple Waffle Apple Sauce</p> <p>Pepperoni Calzone Spring Salad Mix Sweet Orange Slices</p>	<p>7</p> <p>Cherry Apple Crunch Apple Slices</p> <p>Taco Stick Baby Carrots Fresh Fruit Variety</p>	<p>8</p> <p>No School Fall Break</p>
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11	12	13	14	15
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HAPPY FALL

BREAK!

<p>18</p> <p>Fudge Pop-Tart Strawberry Apple Chips</p> <p>Chicken Tenders Mini Corn Dogs Corn Niblett's Diced Pears</p>	<p>19</p> <p>Blueberry Vanilla Bites Golden Bananas</p> <p>Sloppy Joes Mini Ravioli Broccoli Bites Sweet Orange Slices</p>	<p>20</p> <p>Triple Berry French Toast Fruitocracy</p> <p>Cheesy Beef Burger Baked Beans Fresh Fruit Variety</p>	<p>21</p> <p>Apple Frudel Red Delicious Apple</p> <p>Chicken Alfredo Deli Sub Sandwich Sweet Potato Tots Melon Medley</p>	<p>22</p> <p>Mini Cinni's Grape Escapes</p> <p>Crispy Fish Nuggets Chicken Tater Bowl Celery Sticks Mixed Berries</p>
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<p>25</p> <p>Trix Cereal Bar Raspberry Craisins</p> <p>Tony's Pizza Beef Sliders Baby Carrots Sliced Peaches</p>	<p>26</p> <p>Blueberry Muffin Top Golden Bananas</p> <p>Meatball Sub Fajita Tostadas Potato Wedges Cinnamon Apples</p>	<p>27</p> <p>Co Co Dot Muffin Apple Sauce</p> <p>Bosco Stick Spring Salad Mix Sweet Orange Slices</p>	<p>28</p> <p>Super Donut Sweet & Sour Apple</p> <p>Teriyaki Chicken Bowl Crispy Clucker Baked Beans Melon Medley</p>	<p>29</p> <p>Lemon Chip Crunch Berry Fruit Cup</p> <p>Chicken Nachos Soft Pretzel / Cheese Mixed Vegetables Fresh Fruit Variety</p>
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BOO!

Free School Meals

ALL MEALS ARE FREE FOR ALL STUDENTS ALL YEAR !

All households should still apply for free/reduced meals in order the qualify for P-EBT benefits, and other school funding opportunities!

OCTOBER 2021 SNACK MENU

Heritage Elementary School

Monday

Tuesday

Wednesday

Thursday

Friday

Rainbow Goldfish Crackers **1**
100 % Fruit Juice

Apple Cinnamon Nutri-Grain Bar **4**
100 % Fruit Juice

WG Cheez-Its **5**
100 % Fruit Juice

WG Cheddar Chex Mix **6**
100 % Fruit Juice

Graham Crackers String Cheese **7**
100 % Fruit Juice

8
No School Today!

11
No School Today!

12
No School Today!

13
No School Today!

14
No School Today!

15
No School Today!

Chocolate Elf Grahams **18**
100 % Fruit Juice

WG Baked Cheetos **19**
100 % Fruit Juice

Strawberry Cream Chex Mix **20**
100 % Fruit Juice

Baked BBQ Crisps **21**
100 % Fruit Juice

WG Nacho Cheese Doritos **22**
100 % Fruit Juice

WG Goldfish Pretzels **25**
100 % Fruit Juice

WG Cheez-Its **26**
100 % Fruit Juice

Graham Crackers String Cheese **27**
100 % Fruit Juice

Harvest Cheddar Sun Chips **28**
100 % Fruit Juice

Cinnamon Elf Grahams **29**
100 % Fruit Juice

This Institution Is an Equal Opportunity Provider

