

Heritage Elementary School Glendale 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 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Cherry Apple Crunch 100% Fruit Juice Bosco Pizza Stick Chicken Tenders/Roll Tater Tots Fresh Strawberries	Super Donut Applesauce Buffalo Chix Sandwich Chicken Quesadilla Refried Beans Melon Medley	Blueberry Muffin Top Grape Escapes Grilled Cheese Broccoli Bites Sweet Orange Slices	Bagel & Cream Cheese 100% Fruit Juice Beef Taco Stick Carrot Sticks/Ranch Cinnamon Apples	



17	18	19	20	21
Fudge Pop-Tart 100% Fruit Juice Cheese Or Pepperoni Pizza Potato Wedges Peach Slices	Mini Donuts Fruit Cup Roasted Chicken / Roll Chicken Alfredo BBQ Baked Beans Cinnamon Apples	Maple Waffle Gala Apple Grins Boneless Wings / Roll Sweet Potato Fries Mixed Berries	Coco Dot Muffin 100% Fruit Juice Rotini & Meat Sauce Cheesy Enchiladas Zesty Green Beans Sweet Orange Slices	Mini Cinnis Red Delicious Apple Nacho Supreme Chili & Cornbread Steamed Broccoli Fuzzy Peaches
24	25	26	27	28
Berry Cereal Bar 100% Fruit Juice Breakfast 4 Lunch Baked Mozzarella Curly Q Potatoes Sliced Pears	Breakfast Bites Glazed Applesauce Mandarin Chicken Bowl Beefy Mac & Cheese Vegetable Medley Fresh Strawberries	Super Pumpkin Bread Grape Escapes Regular or Spicy Chicken Sandwich Broccoli Bites Mixed Fruit Cup	Cinnamon UBR 100% Fruit Juice Cheesy Beef Sliders Spaghetti & Meatballs BBQ Baked Beans Mixed Berries	French Toast Sticks Rainbow Gala Apple Hot Diggity Dog Big Cheese Ravioli Carrot Coins Sweet Orange Slices

31 Lemon Chip Crunch 100% Fruit Juice Cheese Or Pepperoni Pizza Mixed Vegetables Fruit Cocktail

Don't Forget to Apply For FREE or REDUCED Meals online at : HESGLENDALE.SCHOOLLUNCHAPP.COM

Paid Lunch Price - \$2.85
Reduced Price Lunch -\$0.40
Breakfast is FREE for all!



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WE ARE EXPERIENCING SUPPLY CHAIN ISSUES - THIS MENU IS SUBJECT TO CHANGE

Apply for FREE or REDUCED Lunches at HESGLENDALE.Schoollunchapp.com

OCTOBER SNACK MENU 2022

HERITAGE ELEMENTARY SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
WG Baked Cheetos 3 100 % Fruit Juice	Graham Crackers String Cheese 4 100 % Fruit Juice	WG Baked Funyuns 5 100 % Fruit Juice	WG Strawberry Chex Mix 6 100 % Fruit Juice	No School Today 7
No School Today 10	No School Today 11	No School Today 12	No School Today 13	No School Today 14
WG Nacho Cheese Doritos 17 100 % Fruit Juice	WG Heartzel Pretzels 18 100 % Fruit Juice	WG Cheddar Chex Mix 19 100 % Fruit Juice	Strawberry Nutri-Grain Bar 20 100 % Fruit Juice	Cinnamon Elf Grahams 21 100 % Fruit Juice
Blueberry Muffin 24 100 % Fruit Juice	Cheddar Goldfish Crackers 25 100 % Fruit Juice	WG Strawberry Chex Mix 26 100 % Fruit Juice	Graham Crackers String Cheese 27 100 % Fruit Juice	WG Baked Cheetos 28 100 % Fruit Juice
WG Cheez-Its 31 100 % Fruit Juice				

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****This Menu Is Subject to Change****


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