

# Heritage Elementary

## School Glendale

### 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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Don't Forget To Apply For FREE or REDUCED Meals online at : HESGLENDALESCHDOOLLUNCHAPP.COM</b></p> <p><b>Paid Lunch Price - \$2.85</b>  <b>Reduced Lunch Price - \$0.40</b>  <b>Breakfast is FREE for all!</b></p>			<p>1</p> <p>Strawberry Bagel Bar Apple Slices</p> <p>BBQ Pork Burger Cheesy Enchiladas Broccoli Bites Melon Medley </p>	<p>2</p> <p><b>No School!</b></p>
<p>5</p> <p><b>Happy Labor Day To ALL Of You</b></p>	<p>6</p> <p>Cherry Frudel Apple Sauce</p> <p>Bosco Pizza Stick Chicken Tenders/Roll Mixed Vegetables Fresh Strawberries</p>	<p>7</p> <p>Blueberry Muffin Grape Escapes</p> <p>Grilled Cheese Carrot Coins Melon Medley </p>	<p>8</p> <p> Mini Donuts 100% Fruit Juice</p> <p>Porky Nachos Baked Chicken/Roll Refried Beans Mixed Berries</p>	<p>9</p> <p>Cinnamon UBR Sweet &amp; Sour Apples</p> <p>Cheesy Burger Hot Diggity Dog French Fries Sweet Orange Slices</p>
<p>12</p> <p>Lemon Chip Crunch 100% Fruit Juice</p> <p>Cheese Or Pepperoni Pizza Carrot Sticks / Ranch Peach Slices </p>	<p>13</p> <p> Mini Donuts Fruit Cup</p> <p>Sloppy Joes Beefy Mac/Cheese BBQ Baked Beans Cinnamon Apples</p>	<p>14</p> <p>Apple Cinnamon Loaf Gala Apple Grins</p> <p>Taco Stick Elote Corn   Mixed Berries</p>	<p>15</p> <p>Wild Berry Waffle 100% Fruit Juice</p> <p>Spaghetti &amp; Meatballs Bean/Cheese Chalupa Zesty Green Beans Sweet Orange Slices</p>	<p>16</p> <p> Cherry Muffin Red Delicious Apple</p> <p>Fish Tacos Hot Ham/Cheese Bun Steamed Broccoli Fuzzy Peaches</p>
<p>19</p> <p>Strawberry Pop -Tart 100% Fruit Juice</p> <p>Breakfast 4 Lunch Chicken Nuggets/Roll Curly Q Potatoes Sliced Pears </p>	<p>20</p> <p>Breakfast Bites Glazed Apple Sauce</p> <p>Mandarin Chicken Bowl Baked Mozzarella Vegetable Medley Fresh Strawberries</p>	<p>21</p> <p>Super Pumpkin Bread Grape Escapes</p> <p>Regular or Spicy Chicken Sandwich Broccoli Bites Mixed Fruit Cup</p>	<p>22</p> <p>Co Co Dot Muffin 100% Fruit Juice</p> <p>Mesquite Chicken/Roll Italian Meatball Sub BBQ Baked Beans Mixed Berries</p>	<p>23</p> <p>French Toast Sticks Rainbow Gala Apple</p> <p>Filet O' Fish Sandwich Deli Sub Sandwich Carrot Coins Sweet Orange Slices</p>
<p>26</p> <p>Trix Cereal Bar 100% Fruit Juice</p> <p>Cheese Or Pepperoni Pizza Mixed Vegetables Fruit Cocktail</p>	<p>27</p> <p> Apple Frudel Fruit Cup</p> <p>Bacon Turkey Burger Chicken Quesadilla Refried Beans Apple Slices </p>	<p>28</p> <p> Mini Donuts Golden Apple Grins</p> <p>Mini Corn Dogs Carrot Sticks / Ranch Mixed Berries</p>	<p>29</p> <p> Maple Waffles 100% Fruit Juice</p> <p>Big Cheese Ravioli Chicken Fajitas Steamed Broccoli Melon Medley </p>	<p>30</p> <p>Super Banana Loaf Sweet &amp; Sour Apple</p> <p>Crispy Fish Sticks Meatloaf Sandwich Mashed Taters Fuzzy Peaches</p>

#### September Food Trivia: 4 Fun Food Facts !

##### Featuring: Raspberries

- \* The raspberry is a member of the rose family
- \* Raspberry juice was used as red stain for art in the Middle Ages
- \* An average raspberry has 100-120 seeds
- \* One cup of raspberries contains 60.28 calories



This Institution Is An Equal Opportunity Provider

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

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



# September Snack Menu 2022

## Heritage Elementary School



Monday

Tuesday

Wednesday

Thursday

Friday



**5**  
No School Today

**6**  
Rainbow Goldfish Crackers  
100 % Fruit Juice

**7**  
Strawberry Nutri-Grain Bar  
100 % Fruit Juice

**1**  
Graham Crackers  
String Cheese  
100 % Fruit Juice

**2**  
No School Today

**12**  
WG Strawberry Chex Mix  
100 % Fruit Juice

**13**  
Blueberry Nutri-Grain Bar  
100 % Fruit Juice

**14**  
Graham Crackers  
String Cheese  
100 % Fruit Juice

**8**  
Cinnamon Elf Grahams  
100 % Fruit Juice

**9**  
WG Hartzel Pretzels  
100 % Fruit Juice

**19**  
WG Cheez-Its  
100 % Fruit Juice

**20**  
Strawberry Nutri-Grain Bar  
100 % Fruit Juice

**21**  
WG Nacho Cheese Doritos  
100 % Fruit Juice

**15**  
WG Baked Funyuns  
100 % Fruit Juice

**16**  
Cheddar Goldfish Crackers  
100 % Fruit Juice

**26**  
Blueberry Nutri-Grain Bar  
100 % Fruit Juice

**27**  
WG Baked Funyuns  
100 % Fruit Juice

**28**  
Graham Crackers  
String Cheese  
100 % Fruit Juice

**22**  
Rainbow Goldfish Crackers  
100 % Fruit Juice

**23**  
WG Cheddar Chex Mix  
100 % Fruit Juice

**29**  
WG Strawberry Chex Mix  
100 % Fruit Juice

**30**  
WG Goldfish Pretzels  
100 % Fruit Juice

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

