Heritage Elementary School Glendale

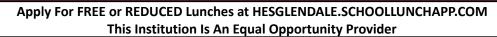


1% milk, fat-free flavored & skim milk are available for breakfast and lunch. Craisins, raisins, and dried apple chips are also available in addition to breakfast menu items.

November Menu

Monday	Tuesday	Wednesday 7	Thursday	Friday
		1	2	3
A ANDREAS OF A	Belle Silve	Froot Loops Cereal	Blueberry Crumble Loaf	Breakfast Bites
		Fresh Grapes	100% Fruit Juice	Sweet & Sour Apple
	IARITZO	Honey Grahams	String Cheese	Strawberry Go-Gurt
I GIVETI	HANKS	Regular or Spicy	BBQ Pulled Pork	Hot Ham / Cheese Bun
		Chicken Sandwich	Chicken Fajitas	Baked Fish Sticks / Roll
		Mixed Vegetables	Refried Beans	Sweet Potato Fries
(15) In 2 400 255 Aut 105 105		Cinnamon Apple Slices	Sweet Orange Slices	Melon Medley
6	7	&	9	10
Cinnamon Toast Bar	Mini Pancakes	Coco Puffs Cereal	Maple Waffles	
100% Fruit Juice	Applesauce	Fresh Grapes	100% Fruit Juice	
Bunny Friends Grahams	Cheese Cubes	Blueberry Vanilla Bites	String Cheese	
Baked Mozzarella		Bluebelly Valilla Bites	Chicken Posole	Thank You
	Walking Taco	D D		Veterans
Mini Corn Dogs	Pork Carnitas Steamed Broccoli	Bosco Pepperoni Stick Mixed Vegetables	Deli Sub Sandwich Refried Beans	-* * *-
Baked Potato Wedges Diced Pears	Golden Bananas	Sweet Orange Slices	Apple Slices	
13	14	15	16	17
Fudge Pop-Tart	Bagel & Cream Cheese	Apple Jacks Cereal	Coco Dot Muffin	Mini Donuts
100% Fruit Juice	Fruit Cup	Fresh Grapes	100% Fruit Juice	Rainbow Gala Apple
Vanilla Tiger Tracks	Cheese Cubes	Honeybun Goldfish	String Cheese	Vanilla Yogurt
Stuffed Crust Cheese	Meatloaf Burger	1	String Cheese	vanna rogurt
		Regular or Spicy	Carlled Channel	Thanksgiving FEAST!
Or Pepperoni Pizza	Baked Chicken / Roll	Beef Taco Stick	Grilled Cheese	Families Welcome!
Curly Q Potatoes	BBQ Baked Beans	Broccoli Bites	Carrot Sticks / Ranch	ramilies welcome!
Sliced Peach	Mixed Berries	Melon Medley	Cinnamon Apple Slices	
20	21	22	23	24
THANKSGIVING				
27	28	29	30	
Cinnamon UBR	French Toast Sticks	Lucky Charms Cereal	Mini Cinnis	
100% Fruit Juice	Applesauce	Fresh Grapes	100% Fruit Juice	
Chocolate Tiger Tracks	Cheese Cubes	Honey Grahams	String Cheese	
Stuffed Crust Cheese	Mandarin Chicken	Regular or Spicy	Chicken Quesadilla	
Or Pepperoni Pizza	Soft Pretzel & Cheese	Boneless Wings / Roll	Alfredo / Garlic Bread	
Baby Baker Taters	Sweet Potato Cross	BBQ Baked Beans	Steamed Broccoli	
Mixed Fruit	Golden Bananas	Sweet Orange Slices	Apple Slices	
Triacu Fruit	Golden Dananas	Sweet Orange Shees	Apple Silves	
Paid Lunch F Reduced Pric CHAI Breakfast is	e Lunch - NO RGE!	Cranberry Sauce - Love it or Loath it! 1. Cranberries are one of the only fruits Native to North America 2. The berries are grown in 5 states: MA, WI, OR, NJ and WA 3. Cranberries aren't actually grown in water, but they float on top 4. Cranberries were used as clothing dye by Native American Indians 5. 5,062,500 gallons of cranberry sauce are consumed by Americans yearly		
15. 5,0002,500 gailons of Claudetty Sauce are consumed by Americans veative				







Heritage Elementary School NOVEMBER SNACK MENU 2023

