

# Heritage Elementary School

## Glendale

### November 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
		1	2	3
		Froot Loops Cereal Fresh Grapes Honey Grahams <b>Regular or Spicy</b> <b>Chicken Sandwich</b> <b>Mixed Vegetables</b> <b>Cinnamon Apple Slices</b>	Blueberry Crumble Loaf 100% Fruit Juice String Cheese <b>BBQ Pulled Pork</b> <b>Chicken Fajitas</b> <b>Refried Beans</b> <b>Sweet Orange Slices</b>	Breakfast Bites Sweet & Sour Apple Strawberry Go-Gurt <b>Hot Ham / Cheese Bun</b> <b>Baked Fish Sticks / Roll</b> <b>Sweet Potato Fries</b> <b>Melon Medley</b>
6	7	8	9	10
Cinnamon Toast Bar 100% Fruit Juice Bunny Friends Grahams <b>Baked Mozzarella</b> <b>Mini Corn Dogs</b> <b>Baked Potato Wedges</b> <b>Diced Pears</b>	Mini Pancakes Applesauce Cheese Cubes <b>Walking Taco</b> <b>Pork Carnitas</b> <b>Steamed Broccoli</b> <b>Golden Bananas</b>	Coco Puffs Cereal Fresh Grapes Blueberry Vanilla Bites <b>Bosco Pepperoni Stick</b> <b>Mixed Vegetables</b> <b>Sweet Orange Slices</b>	Maple Waffles 100% Fruit Juice String Cheese <b>Chicken Posole</b> <b>Deli Sub Sandwich</b> <b>Refried Beans</b> <b>Apple Slices</b>	
13	14	15	16	17
Fudge Pop-Tart 100% Fruit Juice Vanilla Tiger Tracks <b>Stuffed Crust Cheese</b> <b>Or Pepperoni Pizza</b> <b>Curly Q Potatoes</b> <b>Sliced Peaches</b>	Bagel & Cream Cheese Fruit Cup Cheese Cubes <b>Meatloaf Burger</b> <b>Baked Chicken / Roll</b> <b>BBQ Baked Beans</b> <b>Mixed Berries</b>	Apple Jacks Cereal Fresh Grapes Honeybun Goldfish <b>Regular or Spicy</b> <b>Beef Taco Stick</b> <b>Broccoli Bites</b> <b>Melon Medley</b>	Coco Dot Muffin 100% Fruit Juice String Cheese <b>Grilled Cheese</b> <b>Carrot Sticks / Ranch</b> <b>Cinnamon Apple Slices</b>	Mini Donuts Rainbow Gala Apple Vanilla Yogurt <b>Thanksgiving FEAST!</b> <b>Families Welcome!</b>
20	21	22	23	24
27	28	29	30	
Cinnamon UBR 100% Fruit Juice Chocolate Tiger Tracks <b>Stuffed Crust Cheese</b> <b>Or Pepperoni Pizza</b> <b>Baby Baker Taters</b> <b>Mixed Fruit</b>	French Toast Sticks Applesauce Cheese Cubes <b>Mandarin Chicken</b> <b>Soft Pretzel &amp; Cheese</b> <b>Sweet Potato Cross</b> <b>Golden Bananas</b>	Lucky Charms Cereal Fresh Grapes Honey Grahams <b>Regular or Spicy</b> <b>Boneless Wings / Roll</b> <b>BBQ Baked Beans</b> <b>Sweet Orange Slices</b>	Mini Cinnis 100% Fruit Juice String Cheese <b>Chicken Quesadilla</b> <b>Alfredo / Garlic Bread</b> <b>Steamed Broccoli</b> <b>Apple Slices</b>	
<b>Paid Lunch Price - \$2.85</b> <b>Reduced Price Lunch - NO CHARGE!</b> <b>Breakfast is FREE for all!</b>		<b>Cranberry Sauce - Love it or Loath it!</b> 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		
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# Heritage Elementary School

## NOVEMBER SNACK MENU 2023

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY  
THANKSGIVING

Pretzel  
Goldfish  
Crackers

6

100 % Fruit Juice

WG Nacho  
Cheese  
Doritos

13

100 % Fruit Juice

No School Today

WG Nacho  
Cheese  
Doritos

27

100 % Fruit Juice

WG Baked  
Hot Cheetos

7

100 % Fruit Juice

Cheez-Its  
  
Apple Slices  
&  
Cherry Craisins

14

No School Today

WG Baked  
Hot Cheetos

28

100 % Fruit Juice

WG White  
Cheddar  
Popcorn

1

100 % Fruit Juice

WG Sun  
Chips

8

100 % Fruit Juice

WG Honey  
Gram Bunny  
Friends

15

100 % Fruit Juice

No School Today

Cheez-Its

29

Apple Slices  
&  
Cherry Craisins

Rainbow  
Goldfish  
Crackers

2

100 % Fruit Juice

WG Rice  
Krispie  
Treat

9

100 % Fruit Juice

WG Munchie  
Mix

16

100 % Fruit Juice

No School Today

WG White  
Cheddar  
Popcorn

30

100 % Fruit Juice

Baked  
BBQ Crisps

3

100 % Fruit Juice

No School Today

WG White  
Cheddar  
Popcorn

17

100 % Fruit Juice

No School Today

GIVE  
THANKS

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SCHOOL  
BUCKS

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