

Heritage Elementary

School Glendale

JANUARY 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
HAPPY NEW YEAR				
8	9	10	11	12
Fudge Pop-Tart 100% Fruit Juice Bunny Friends Grahams Stuffed Crust Or Pepperoni Pizza Baby Baker Taters Sliced Peaches	Strawberry Bagel Bar Fresh Grapes Cheese Cubes BBQ Pulled Pork Soft Taco Tuesday! Steamed Broccoli Golden Bananas	Blueberry Chex Apple Sauce Vanilla Goldfish Bosco Pepperoni Stick Garlic Green Beans Sweet Orange Slices	Cinnamon Bun 100% Fruit Juice String Cheese Spaghetti & Meat Sauce BBQ Chicken /Roll Sweet Potato Fries Gala Apple Slices	Mini Donuts Sweet & Sour Apples Blueberry Yogurt Chicken Posole Hot Ham & Cheese Bun Refried Beans Mango Chunks
15	16	17	18	19
MARTIN LUTHER KING JR DAY	Team Cheerios Bar Fresh Grapes Cheese Cubes Chicken Nuggets / Breakfast 4 Lunch! Crispy Tater Tots Sweet Orange Slices	Froot Loops Cereal Fruit Cup Blueberry Vanilla Regular or Spicy Beef Taco Stick Broccoli Bites Sliced Peaches	Mini Pancakes 100% Fruit Juice String Cheese Sloppy Joes Chicken Noodle Soup Carrot Sticks & Ranch Golden Bananas	Breakfast Bites Rainbow Gala Apple Strawberry Go-Gurt Pulled Pork Tostadas Filet O Fish Sandwich Fiesta Bean Medley Sweet Strawberries
22	23	24	25	26
Strawberry Pop-Tart 100% Fruit Juice Chat Snacks Stuffed Crust Or Pepperoni Baked Potato Mixed Fruit	Mini Cinnis Fresh Grapes Cheese Cubes Mandarin Chicken Hot Diggity Dog Steamed Broccoli Golden Bananas	Lucky Charms Cereal Apple Sauce Bunny Friends Soft Pretzel & Zesty Green Beans Sweet Orange Slices	Apple Frudel 100% Fruit Juice String Cheese Baked Chicken / Roll Meatball Sub BBO Baked Beans Cinnamon Apple Slices	French Toast Sticks Red Delicious Apple Vanilla Yogurt Chicken Quesadilla Chili Bowl & Cornbread Sweet Potato Fries Fresh Grapes
29	30	31	<div> Paid Lunch Price - \$2.85 Reduced Price Lunch - NO CHARGE! Breakfast is FREE for all! </div>	
Golden Grahams 100% Fruit Juice Vanilla Goldfish Mini Corn Dog Baked Mozzarella Curly Q Potatoes Diced Pears	Wild berry Waffles Fresh Grapes Cheese Cubes Beefy Nacho Supreme Cheesy Beef Burger Garlic Green Beans Gala Apple Slices	Apple Jacks Cereal Fruit Cup Blueberry Vanilla Regular or Spicy Boneless Wings / Broccoli Bites Sliced Peaches		



January Food Traditions Celebrated Around The World

German - Pork and Sauerkraut are eaten on New Years Day to bring good luck in the New Year.

Japanese- Soba Noodles, or Toshiko Shi soba are eaten New Year's eve to welcome the New Year.

Southern American - Hoppin' John, is a dish comprised of black eyed peas, pork, rice and greens.

Spanish - 12 grapes are eaten at the stroke of midnight on New Year's Eve, one for each month of the year.

Mexican - Tamales are stuffed with meat, cheese, and masa, wrapped in a banana leaf or corn husk.



Apply For FREE or REDUCED Lunches at HESGLENDALE.SCHOOLLUNCHAPP.COM
This Institution Is An Equal Opportunity Provider - This Menu Is Subject To Change



HERITAGE ELEMENTARY SCHOOL

JANUARY SNACK MENU

Monday

Tuesday

Wednesday

Thursday

Friday

1

No School Today

2

No School Today

3

No School Today

4

No School Today

5

No School Today

8

Pretzel
Goldfish
Crackers

100 % Fruit Juice

9

WG Graham
Crackers &
String Cheese

100 % Fruit Juice

10

Cheex Mix

Apple Slices
&
Cherry Craisins

11

WG Baked
Hot Cheetos

100 % Fruit Juice

12

WG Cherry
Apple Crunch

100 % Fruit Juice

15

No School Today

16

WG White
Cheddar
Popcorn

100 % Fruit Juice

17

Cheez-Its

Apple Slices
&
Cherry Craisins

18

Rainbow
Goldfish
Crackers

100 % Fruit Juice

19

WG Rice
Krispie
Treat

100 % Fruit Juice

22

WG Nacho
Cheese
Doritos

100 % Fruit Juice

23

Baked
BBQ Crisps

100 % Fruit Juice

24

Cheex Mix

Apple Slices
&
Cherry Craisins

25

Pretzel
Goldfish
Crackers

100 % Fruit Juice

26

WG Cherry
Apple Crunch

100 % Fruit Juice

29

WG Honey
Bun Crackers

100 % Fruit Juice

30

WG Baked
Hot Cheetos

100 % Fruit Juice

31

Cheez-Its

Apple Slices
&
Cherry Craisins

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SCHOOL
BUCKS

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