

# Heritage Elementary Williams

# September



All households should still apply for free & reduced meals in order to qualify for P-EBT benefits, and other school funding opportunities!

## Breakfast & Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
Select 2 Items: Milk, Cereal <b>OR</b> Nutri-Grain and 100% Juice  Beefy Tostada Diced Peaches	Select 2 Items: Milk, Bagel <b>OR</b> Graham Cracker and Applesauce Cup  BBQ Chicken Drumstick Sweet Potato Tots Apple	Select 2 Items: Milk, Cereal <b>OR</b> Pop-Tart and Fruitocracy  Corn Dog Fresh Veggies Mixed Fruit	Select 2 Items: Milk, Benefit Bar <b>OR</b> Cheese and Apple Crisp  Cheese Pizza Stick Steamed Broccoli Orange Slices	Select 2 Items: Milk, Muffin <b>OR</b> Go-Gurt and 100% Juice  Bacon Cheeseburger Sweet Potato Fries Diced Peas
6	7	8	9	10
LABOR DAY No School!	Bagel with Cream Chs <b>OR</b> Pop-Tart and Fresh Apple  Mac & Smac Mixed Vegetables Banana	Crunchmania <b>OR</b> Mini Donuts & Cheese and Applesauce  Ham Deli Sub Sweet Pot Tots Mixed Fruit	Pancake & Sausage <b>OR</b> Muffin & Cheese Stick and Grapes  Chs. Sticks w/Sauce Broccoli Grapes	Breakfast Pizza <b>OR</b> Yogurt & Crackers and 100% Juice  Chicken Patti Sandwich Whipped Potatoes Diced Peas
13	14	15	16	17
Egg & Chs. Omelet <b>OR</b> Variety of Cereal and 100% Juice  Bean & Chs Burrito Corn Diced Peaches	PancakeSausage Sand. <b>OR</b> Benefit Bar and Fresh Apple  Chicken & Waffles BBQ Beans Banana	Blueberry Waffle Graham Cracker & Cheese and Applesauce  Corn Dog Carrots & Celery Mixed Fruit	Egg & Cheese Wrap <b>OR</b> Crunchmania with Cheese and Grapes  Pepperoni Pizza Broccoli Grapes	Breakfast Pizza <b>OR</b> Yogurt & Crackers and 100% Juice  Bacon Cheeseburger Sweet Tots Diced Peas
20	21	22	23	24
Egg & Chs. Burrito <b>OR</b> Variety of Cereal and 100% Juice  Walking Taco Refried Beans Diced Peaches	Bagel with Cream Chs <b>OR</b> Pop-Tart and Fresh Apple  Orange Chx w/Rice Honey Carrots Banana	Crunchmania <b>OR</b> Mini Donuts & Cheese and Applesauce  Meatball Sandwich Green Beans Mixed Fruit	Pancake & Sausage <b>OR</b> Muffin & Cheese Stick and Grapes  Pepperoni Calzone Broccoli Grapes	Breakfast Pizza <b>OR</b> Yogurt & Crackers and 100% Juice  Hotdog Fries Diced Peas
27	28	29	30	1
Egg & Chs. Omelet <b>OR</b> Variety of Cereal and 100% Juice  Chicken Taco Bowl Refried Beans Diced Peaches	PancakeSausage Sand. <b>OR</b> Benefit Bar and Fresh Apple  Brunch for Lunch Sweet Potato Banana	Blueberry Waffle Graham Cracker & Cheese and Applesauce  Turkey Deli Sub Carrots & Celery Mixed Fruit	Egg & Cheese Wrap <b>OR</b> Variety of Cereal and Grapes  Cheese Pizza Broccoli Grapes	Breakfast Pizza <b>OR</b> Yogurt & Crackers and 100% Juice  Hamburger Tator Tots Diced Peas



1% Milk, Fat Free Flavored & Skim available for Breakfast and Lunch  
ALL MEALS ARE SERVED WITH A VARIETY OF FRUITS & VEGETABLES

This Institution Is An Equal Opportunity Employee & Provider

THIS MENU IS SUBJECT TO CHANGE

