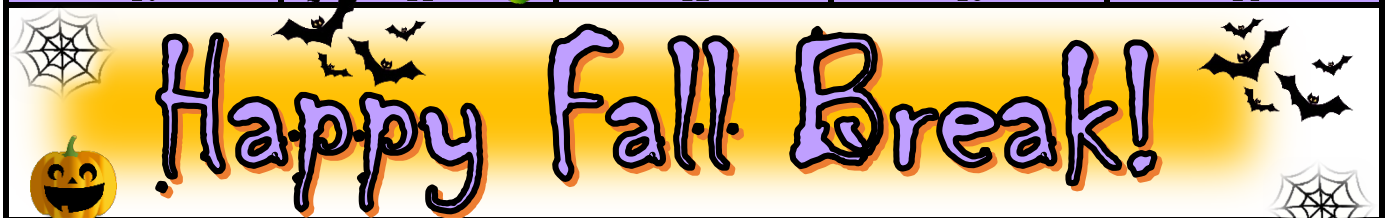


# Heritage Elementary School Williams October Menu



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 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Cherry Apple Crunch 100% Fruit Juice Cherry Craisins	Super Donut Applesauce Raspberry Raisins	Blueberry Muffin Top Grape Escapes Apple Chips	Bagel & Cream Cheese 100% Fruit Juice Orange Craisins	Wild Berry Waffle Golden Apple Slices Golden Raisins
Bosco Pizza Stick Tater Tots Fresh Strawberries	Chicken Quesadilla Refried Beans Melon Medley	Grilled Cheese Broccoli Bites Sweet Orange Slices	Beef Taco Stick Carrot Sticks/Ranch Cinnamon Apples	Chicken Tenders / Roll Vegetable Medley Fresh Grapes



10	11	12	13	14
Fudge Pop-Tart 100% Fruit Juice Lemonade Craisins	Mini Donuts Fruit Cup Watermelon Raisins	Maple Waffle Gala Apple Grins Strawberry Apple Chips	Coco Dot Muffin 100% Fruit Juice Blueberry Craisins	Mini Cinnis Red Delicious Apple Strawberry Raisins
Cheese Pizza Potato Wedges Peach Slices	Roasted Chicken / Roll BBQ Baked Beans Cinnamon Apples	Boneless Wings / Roll Sweet Potato Fries Mixed Berries	Rotini & Meat Sauce Zesty Green Beans Sweet Orange Slices	Chili & Cornbread Steamed Broccoli Fuzzy Peaches
Berry Cereal Bar 100% Fruit Juice Cranberry Craisins	Breakfast Bites Glazed Apple Sauce Strawberry Raisins	Super Pumpkin Bread Grape Escapes Apple Chips	Cinnamon UBR 100% Fruit Juice Cherry Craisins	French Toast Sticks Rainbow Gala Apple Raisins
Baked Mozzarella Curly Q Potatoes Sliced Pears	Beefy Mac & Cheese Vegetable Medley Fresh Strawberries	Chicken Sandwich Broccoli Bites Mixed Fruit Cup	Spaghetti & Meatballs BBQ Baked Beans Mixed Berries	Hot Diggity Dog Carrot Coins Sweet Orange Slices

31
Lemon Chip Crunch 100% Fruit Juice Lemonade Craisins
Pepperoni Pizza Mixed Vegetables Fruit Cocktail

Don't Forget to Apply For FREE or REDUCED Meals online at : [HESWILLIAMS.SCHOOLLUNCHAPP.COM](http://HESWILLIAMS.SCHOOLLUNCHAPP.COM)  
Paid Lunch Price - \$2.85  
Reduced Price Lunch -\$0.40  
Breakfast is FREE for all!



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 [HESWILLIAMS.Schoollunchapp.com](http://HESWILLIAMS.Schoollunchapp.com)