

Heritage Elementary

School Williams

September 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
<p>Don't Forget To Apply For FREE or REDUCED Meals online at : HESGLENDALESCH-SCHOOLLUNCHAPP.COM</p> <p>Paid Lunch Price - \$2.85 Reduced Lunch Price - \$0.40 Breakfast is FREE for all!</p>			<p>Strawberry Bagel Bar Apple Sauce Cup Cherry Craisins</p> <p>Cheesy Enchiladas Steamed Broccoli Melon Medley</p>	<p>Breakfast Bites Glazed Rainbow Gala Apple Raisins</p> <p>Rib-BQ Sandwich Steamed Broccoli Red Grapes</p>
<p>Happy Labor Day To ALL Of You</p>	<p>Cherry Frudel Apple Sauce Raspberry Raisins</p> <p>Bosco Pizza Stick Mixed Vegetables Fresh Strawberries</p>	<p>Blueberry Muffin Grape Escapes Apple Chips</p> <p>Grilled Cheese Carrot Coins Melon Medley</p>	<p>Mini Donuts 100% Fruit Juice Orange Craisins</p> <p>Nacho Supreme Refried Beans Mixed Berries</p>	<p>Cinnamon UBR Sweet & Sour Apples Golden Raisins</p> <p>Hot Diggity Dog French Fries Sweet Orange Slices</p>
<p>Lemon Chip Crunch 100% Fruit Juice Lemonade Craisins</p> <p>Pepperoni Pizza Carrot Sticks / Ranch Peach Slices</p>	<p>Mini Donuts Fruit Cup Watermelon Raisins</p> <p>Sloppy Joes BBQ Baked Beans Cinnamon Apples</p>	<p>Apple Cinnamon Loaf Gala Apple Grins Strawberry Apple Chips</p> <p>Taco Stick Elote Corn Mixed Berries</p>	<p>Wild Berry Waffle 100% Fruit Juice Blueberry Craisins</p> <p>Spaghetti & Meatballs Zesty Green Beans Sweet Orange Slices</p>	<p>Cherry Muffin Red Delicious Apple Strawberry Raisins</p> <p>Hot Ham / Cheese Bun Steamed Broccoli Fuzzy Peaches</p>
<p>Strawberry Pop -Tart 100% Fruit Juice Cranberry Craisins</p> <p>Chicken Nuggets/Roll Curly Q Potatoes Sliced Pears</p>	<p>Breakfast Bites Glazed Apple Sauce Strawberry Raisins</p> <p>Baked Mozzarella Vegetable Medley Fresh Strawberries</p>	<p>Super Pumpkin Bread Grape Escapes Apple Chips</p> <p>Chicken Sandwich Broccoli Bites Mixed Fruit Cup</p>	<p>Co Co Dot Muffin 100% Fruit Juice Cherry Craisins</p> <p>Italian Meatball Sub BBQ Baked Beans Mixed Berries</p>	<p>French Toast Sticks Rainbow Gala Apple Raisins</p> <p>Filet O' Fish Sandwich Carrot Coins Sweet Orange Slices</p>
<p>Trix Cereal Bar 100% Fruit Juice Lemonade Craisins</p> <p>Pepperoni Pizza Mixed Vegetables Fruit Cocktail</p>	<p>Apple Frudel Fruit Cup Watermelon Raisins</p> <p>Chicken Quesadilla Refried Beans Apple Slices</p>	<p>Mini Donuts Golden Apple Grins Strawberry Apple Chips</p> <p>Mini Corn Dogs Carrot Sticks / Ranch Mixed Berries</p>	<p>Maple Waffles 100% Fruit Juice Orange Craisins</p> <p>Big Cheese Ravioli Steamed Broccoli Melon Medley</p>	<p>Super Banana Loaf Sweet & Sour Apple Golden Raisins</p> <p>Meatloaf Sandwich Mashed Taters Fuzzy Peaches</p>

September Food Trivia: 4 Fun Food Facts !

Featuring: Raspberries

- * The raspberry is a member of the rose family
- * Raspberry juice was used as red stain for art in the Middle Ages
- * An average raspberry has 100-120 seeds
- * One cup of raspberries contains 60.28 calories



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WE ARE EXPERIENCING SUPPLY CHAIN ISSUES - THIS MENU IS SUBJECT TO CHANGE

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