Heritage Elementary School Williams





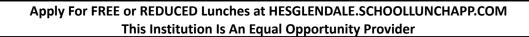
1% milk, fat-free flavored & skim milk are available for breakfast and lunch. Craisins, raisins, and dried apple chips are also available in addition to breakfast menu items.

November Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------------------------|--|-----------------------------------|--------------------------------------|
| | | 1 | 2 | 3 |
| Color Sec. | | Froot Loops Cereal | Blueberry Crumble Loaf | Breakfast Bites |
| | | Fresh Grapes | 100% Fruit Juice | Sweet & Sour Apple |
| GIVETI | HANKS | Honey Grahams | String Cheese | Strawberry Go-Gurt |
| | | | | |
| | | Chicken Sandwich | Chicken Fajitas | Chicken Nuggets / Roll |
| 5 Nikitanko | | Mixed Vegetables | Refried Beans | Sweet Potato Fries |
| 6 | 7 | Cinnamon Apple | Sweet Orange Slices | Fresh Grapes |
| Cinnamon Toast Bar | Mini Pancakes | Coco Puffs Cereal | Maple Waffles | 10 |
| 100% Fruit Juice | Applesauce | Fresh Grapes | 100% Fruit Juice | |
| Friends Grahams | Cheese Cubes | Blueberry Vanilla Bites | String Cheese | |
| | | | | Thank You |
| Mini Corn Dogs | Walking Taco | Bosco Pepperoni Stick | Chicken Posole | Veterans |
| Baked Potato Wedges | Steamed Broccoli | Mixed Vegetables | Refried Beans | -* * *- |
| Diced Pears | Golden Bananas | Sweet Orange Slices | Apple Slices | |
| 13 | 14 | 15 | 16 | 17 |
| Fudge Pop-Tart | Bagel & Cream Cheese | Apple Jacks Cereal | Coco Dot Muffin | Mini Donuts |
| 100% Fruit Juice Vanilla Tiger Tracks | Fruit Cup Cheese Cubes | Fresh Grapes Honeybun Goldfish | 100% Fruit Juice String Cheese | Rainbow Gala Apple Vanilla Yogurt |
| Stuffed Crust Cheese | Cheese cubes | Tioneyoun dolansii | String Cheese | vanna rogurt |
| Or Pepperoni Pizza | Baked Chicken / Roll | Beef Taco Stick | Spaghetti & Meatballs | Meatloaf Burger |
| Curly Q Potatoes | BBQ Baked Beans | Broccoli Bites | Carrot Sticks / Ranch | Mixed Vegetables |
| Sliced Peaches | Mixed Berries | Melon Medley | Cinnamon Apple Slices | Fresh Grapes |
| 20 | 21 | 22 | 23 | 24 |
| Lemon Chip Crunch Bar | Mini Pancakes | | HAPPY | *** |
| 100% Fruit Juice | Applesauce | | | |
| Friends Grahams | Cheese Cubes | | | |
| Call of Change | Chicken Tater Bowl | | | 3 |
| Grilled Cheese Celery Sticks / Ranch | Mixed Vegetables | | A K | |
| Sweet Orange Slices | Strawberry Sidekick | | THANKSGIVIN | IG C |
| 27 | 28 | 29 | 30 | |
| Cinnamon UBR | French Toast Sticks | Lucky Charms Cereal | Mini Cinnis | |
| 100% Fruit Juice | Apple Sauce | Fresh Grapes | 100% Fruit Juice | |
| Chocolate Tiger Tracks | Cheese Cubes | Honey Grahams | String Cheese | |
| Stuffed Crust Cheese | | | | |
| Or Pepperoni Pizza | Mandarin Chicken | Boneless Wings / Roll | Alfredo / Garlic Bread | |
| Baby Baker Taters | Sweet Potato Cross | BBQ Baked Beans | Steamed Broccoli | |
| Mixed Fruit | Golden Bananas | Sweet Orange Slices | Apple Slices | |
| | | | | |
| Paid Lunch Price - \$2.85 | | Cranberry Sauce - Love it or Loath it! | | |
| | | 1. Cranberries are one of the only fruits Native to North America | | |
| Reduced Price Lunch - NO | | 2. The berries are grown in 5 states: MA, WI, OR, NJ and WA | | |
| CHARGE! | | 3. Cranberries aren't actually grown in water, but they float on top | | |
| Development III | | o. Cramberries aren t | actually 210 Wil III Watti | but they hout on top |



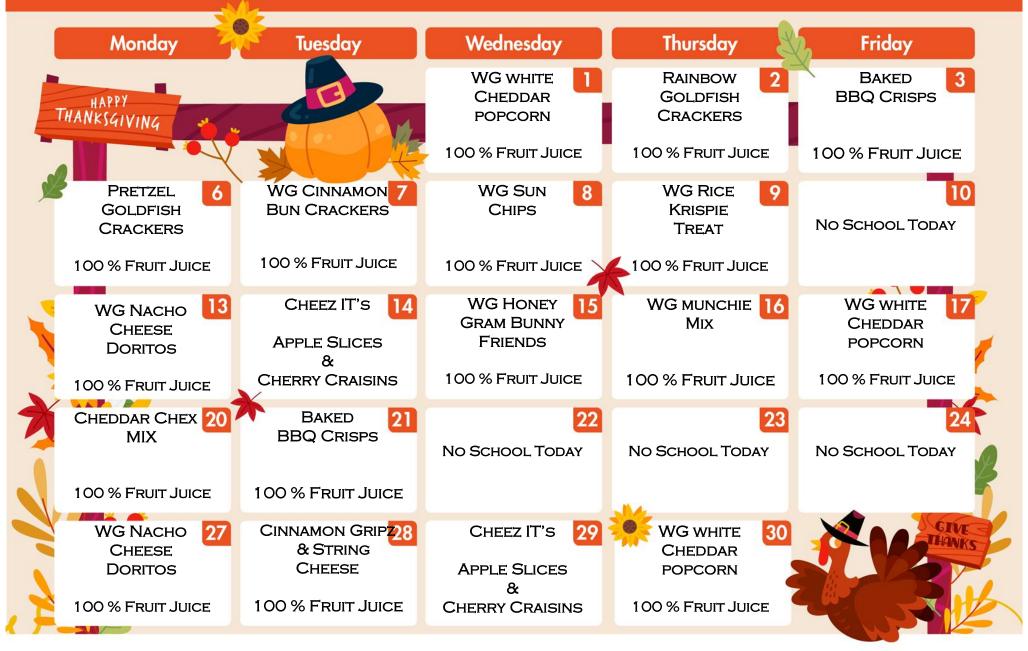
Breakfast is FREE for all!



4. Cranberries were used as clothing dye by Native American Indians 5. 5,062,500 gallons of cranberry sauce are consumed by Americans yearly



HERITAGE ELEMENTARY SCHOOL NOVEMBER SNACK MENU 2023



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