



Heritage
2017
Grades 6-12

September

This establishment is an equal opportunity provider & employer. Menu subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza Round or Ham & Cheese Croissan'wich Green Bean Casserole Fresh Broc & Caulif Fruit Choices Breakfast: Donuts
4 	5 Breaded Chicken Sandwich or Fish Sandwich French Fries Creamy Coleslaw Frozen Fruit Slushy Fruit Choices Breakfast: Breakfast Burrito	6 Country Fried Steak or Salisbury Steak Dinner Roll Mash Potatoes w Gravy Glazed Carrots Fruit Choices Breakfast: Breakfast Pizza	7 3 Cheese Calzone Turkey Bacon Ranch Sub Seasoned Corn Broccoli Salad Warm Cinn Apples Fruit Choices Breakfast: Mini Pancakes w/Syrup	8 Soft Shell Beef Taco or Cheese Quesadilla Refried Beans /Scoops Romaine Chop Salad Salsa Fruit Choices Breakfast: Cinni Mini's
11 Chicken Tenders or Buffalo Chicken Wrap Crispy Potato Cubes Cheez-It Crackers Veg Juice Drink Box Fruit Choices Breakfast: Banana Bread	12 	3 Lasagna w/ Garlic Toast or Pizza Crunchers Steamed Broccoli Caesar Salad Fruit Choices Pears Breakfast: Breakfast Pizza	4 ^BBQ Pulled Pork Sandwich or Mini Corn Dogs Baked Beans Coleslaw Fruit Choices Breakfast: Mini French Toast w/Syrup	15 Pizza Wedge or Hot Italian Sub Seasoned Peas Fresh Baby Carrots Fruit Choices Breakfast: Sausage Biscuit Sandwich
18 Chicken Sausage Patty or Egg Omelet French Toast Tri Taters Veg Juice Drink Box Fruit Choices Breakfast: Poptart with Cheesestick	19 Popcorn Chicken or Popcorn Shrimp Cheese Pretzel Bosco Seasoned Malibu Blend Baby Carrots Fruit Choices Breakfast: Ham & Cheese Croissant	20 Turkey and Gravy or Chicken Drumstick Biscuit Mashed Potato Romaine Tossed Salad Fruit Choices Breakfast: Breakfast Pizza	21 Beef /Cheese Nachos or Chciken Chipotle Wrap Refried Beans & Salsa Romaine Tiny Chop Cinnamon Roll Fruit Choices Breakfast: Blueberry Pancake Stick	22 Cheeseburger or Pork Tenderloin Lettuce, Tomato, Pickle Sweet Potato Cubes Fresh Cucumbers Fruit Choices Breakfast: Apple or Cherry Frudel
25 Beef Hot Dog or Grilled Cheese Baked Beans Fresh Baby Carrots Fruit Choices Breakfast: Muffin with Yogurt	26 Crispitos or Mini Cheese Quesadillas Corn and Bean Fiesta Romaine Salad Salsa Fruit Choices Breakfast: Sausage & Egg Sliders	27 Meat Sauce or Chicken Alfredo Rotini Pasta Garlic Bread Toast Caesar Salad Tomatoes & Cucumbers Breakfast: Breakfast Pizza	28 Chicken Wing Bites or Fish Sticks Mac & Cheese Peas and Carrots Celery Sticks & Ranch Fruit Choices Breakfast: Mini Waffles w/Syrup	29 Pizza Round or Turkey/Ppjck Croissan'wich Green Bean Casserole Fresh Broccoli& Cauliflower Fruit Choices Breakfast: Egg Omelet with Biscuit

^ Items may contain Pork. Low-Fat and Fat-Free milks are included in Breakfast and Lunch meals. A variety of cereals & fruit juices are also available as a choice at breakfast.