

**Heritage
2017
Grades 6-12**



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

Monday	Tuesday	Wednesday	Thursday	Friday	NEWS AND NOTES
				Soft Shell Beef Taco or Fiestada Pizza Refried Beans /Scoops Romaine Chop Salad Salsa Fruit Choices Breakfast: Apple or Cherry Frudel	
Chicken Tenders or Buffalo Chicken Wrap Ranch Potato Bake Honey Graham Crackers Veg Juice Drink Box Fruit Choices Breakfast: Muffin w/Cheese stick	Mozzarella Sticks w/sauce or Lasagna w/ Garlic Toast Steamed Broccoli Caesar Salad Fruit Choices Breakfast: Ham & Cheese Sandwich	Orange Minh Chicken or Beef Teriyaki Dippers Seasoned Brown Rice Veg Blend Stir Fry Oriental Salad & Roll Fruit Choices Breakfast: Breakfast Pizza	^BBQ Pulled Pork Sandwich or Mini Corn Dogs Baked Beans Coleslaw Fruit Choices Breakfast: Blueberry Pancake Wrap	Pizza Wedge or Hot Italian Sub Seasoned Peas Fresh Baby Carrots Fruit Choices Breakfast: Cinni Mini's	Single-Day Events Rosa Parks Bus Protest Anniversary (Dec 1) World AIDS Day (Dec. 1) Walt Disney's Birthday (Dec. 5) 76th Anniversary of Pearl Harbor (Dec. 7) Gingerbread Decorating Day (Dec. 9) Emily Dickinson's Birthday (Dec. 10) World Choral Day (Dec. 10) Frank Sinatra's Birthday (Dec. 12) National Cocoa Day (Dec. 13) Bill of Rights Day (Dec. 15) Ugly Christmas Sweater Day (Dec. 15) Boston Tea Party Anniversary (Dec. 16) Wright Brothers Day (Dec. 17) International Migrants Day (Dec. 18) Crossword Puzzle Day (Dec. 21) First Day of Winter (Dec. 21) Christmas Day (Dec. 25) Clara Barton's Birthday (Dec. 25) Pledge of Allegiance Anniversary (Dec. 28) New Year's Eve (Dec 31)
^Pork Sausage Links or Egg Omelet Waffles Tri Taters Veg Juice Drink Box Fruit Choices Breakfast: Banana Bread	Popcorn Chicken or Popcorn Shrimp Cheese Pretzel Bosco Seasoned Malibu Blend Baby Carrots Fruit Choices Breakfast: Breakfast Burrito	Turkey Medley or Chicken Drumstick Biscuit Mashed Potato Romaine Tossed Salad Fruit Choices Breakfast: Breakfast Pizza	Beef /Cheese Nachos or Chciken Chipotle Wrap Refried Beans & Salsa Romaine Tiny Chop Cinnamon Roll Fruit Choices Breakfast: French Toast	Cheeseburger or Philly Beef & Cheese Sandwich Lettuce, Tomato, Pickle Sweet Potato Tots Fresh Cucumbers Fruit Choices Breakfast: Sausage Biscuit Sandwich	
Crisпитos or Bean and Cheese Burrito Corn and Bean Fiesta Romaine Salad Salsa Fruit Choices Breakfast: Poptart w/Yogurt	Chicken Nuggets or Fish Sticks Mac & Cheese & Roll Peas and Carrots Celery Sticks & Ranch Fruit Choices Breakfast: Sausage Egg Slider	Personal Pan Pizza or Ham and Cheese Croissant Green Bean Casserole Fresh Broccoli & Cauliflower Fruit Choices Breakfast: Breakfast Pizza			

^ 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.