

Heritage Hills High School Breakfast & Lunch Menu August 2017

Breakfast is \$ 1.85 and is served with Milk Choice & Fruit Choice. Breakfast is served from 7:25 to 7:45 in the Middle School and from 7:25 to 8:10 in the High School.

Offer vs. Serve: You must choose 1/2C Fruit or vegetable for one of the 3 required food items. You may choose all 4 items.

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast or Mini Cinni w/2 Sausage or Frudel w/2 Sausage	Egg & Cheese Biscuit or Mini Cinni w/2 Sausage or Frudel w/2 Sausage	Breakfast Calzone or Mini Cinni w/2 Sausage or Frudel w/2 Sausage	Breakfast Pizza or Mini Cinni w/2 Sausage or Frudel w/2 Sausage	Cinnamon Roll or Mini Cinni w/2 Sausage or Frudel w/2 Sausage

Lunch is \$ 2.35 and is served with Milk Choice & Fruit Choice

Offer vs. Serve: You must choose 1/2C fruit or vegetable for one of the 3 required food components. You may choose all five.

2017	October			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Bosco Stuffed Crust Pizza or Philly Steak & Cheese Sandwich or Burger, Steamed Broccoli Garden Salad, BaBy Carrots, Apple SALAD BAR: Turkey Tomato Soup, Salad, Fruit	03 BBQ Pork Sandwich or BBQ Rib Sandwich or Burger, Baked Beans, Romaine Salad, BaBy Carrots, Fruit, Cookie SALAD BAR: Rattle Snake Bowl, Salad, Fruit	04 Country Fried Steak w/roll or Grilled Chicken Breast w/roll or Fish Sandwich, Green Beans, Mashed Potatoes w/Gravy, Fruit SALAD BAR: Bosco Sticks w/Marinara, Salad, Fruit	05 Pepperoni Calzone or Grilled Cheese or Burger, Baked Beans, Veggie Cup, Fruit, Brownie SALAD BAR: Taco, Black Bean Fiesta & Refried Beans, Rice, Salad, Fruit	06 Pizza or Corn Dog or Burger, Fruit, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit
09 Chicken Drumstick or Orange Chicken & Rice or Grilled Chicken Sandwich, Stir Fry Mixed Vegetables, Garden Salad, Apple SALAD BAR: Nachos & Cheese, Salad, Fruit	10 Chicken Patty Sandwich or Fish Sandwich or Corn Dog, Corn, Green Beans, Fruit, Cookie. SALAD BAR: Spaghetti w/Bosco Stick, Salad, Fruit	11 Breaded Pork Steak w/Roll or Turkey & Gravy w/Roll or Grilled Chicken Sandwich, Corn, Mashed Potatoes w/Gravy, Romaine Salad, Fruit SALAD BAR: Chili Soup w/Crackers, Salad, Fruit	12 Chicken on the Beach w/Tostitos & Rice or Chicken Patty Sandwich or Burger, Refried Beans, Romaine Salad & Tomatoes, Fruit, Cookie SALAD BAR: Taco, Black & Refried Beans, Rice, Salad, Fruit	13 Pizza or Corn Dog or Burger, Fruit, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit
16 Chicken Chunks w/Mac-n-Cheese or BBQ Pork Sandwich or Chicken Sand, Baked Beans, Corn, Romaine Salad, BaBy Carrots, Apple SALAD BAR: Pretzels & Cheese, Salad, Fruit	17 Chicken Quesadilla or Sloppy Joe or Burger, Spanish Rice, Refried Beans, Romaine Salad, Fresh Fruit Salad, Cookie SALAD BAR: Chicken Noodle Soup w/Crackers, Salad, Fruit	18 Salisbury Steak w/roll or Meatloaf w/roll or Grilled Chicken Breast w/roll, Green Beans, Mashed Potatoes w/Gravy, Fruit SALAD BAR: Sub Sandwich Bar, Salad, Fruit	19 Bosco Stuffed Crust Pizza, BBQ Rib Sandwich or Burger, Fruit, Romaine Salad, Tomatoes, Cookie SALAD BAR: Taco, Black & Refried Beans, Rice, Salad, Fruit	20 Fall Break
23 Fall Break	24 Bosco Sticks w/Marinara or BBQ Rib Sandwich or Patriot Burger, Baked Beans, Romaine Salad, BaBy Carrots, Fruit, Cookie SALAD BAR: Rattle Snake Bowl, Salad, Fruit	25 Country Fried Steak w/roll or Grilled Chicken Breast w/roll or Fish Sandwich, Green Beans, Mashed Potatoes w/Gravy, Fruit SALAD BAR: Bosco Sticks w/Marinara, Salad,	26 Pepperoni Calzone or Grilled Cheese or Burger, Baked Beans, Veggie Cup, Fruit, Brownie SALAD BAR: Taco, Black Bean Fiesta & Refried Beans, Rice, Salad, Fruit	27 Pizza or Corn Dog or Burger, Fruit, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit
30 Chicken Drumstick or Fish Sandwich or Polish Sausage, Steamed Broccoli, Garden Salad, Baby Carrots, Apple SALAD BAR: Nachos & Cheese, Salad, Fruit	31 Beefy Nachos or Chicken Patty Sandwich or Burger, Green Beans, Corn, Fresh Fruit Salad, Cookie SALAD BAR: Asian Bar w/Rice, Salad,	01 Breaded Pork Steak w/Roll or Turkey & Gravy w/Roll or Grilled Chicken Sandwich, Corn, Mashed Potatoes w/Gravy, Romaine Salad, Fruit SALAD BAR: Chili Soup w/Crackers, Salad, Fruit	02 Chicken on the Beach w/Tostitos & Rice or Chicken Patty Sandwich or Burger, Refried Beans, Romaine Salad & Tomatoes, Fruit, Cookie SALAD BAR: Taco, Black & Refried Beans, Rice, Salad, Fruit	03 Pizza or Corn Dog or Burger, Fruit, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit

