

Heritage Hills High School Breakfast & Lunch Menu September 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
Breakfast Boat or 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 Piggie 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		September		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04 Labor Day	05 Chicken Quesadilla or Sloppy Joe or Burger, Spanish Rice, Refried Beans, Romaine Salad, Fresh Fruit Salad, Cookie SALAD BAR: Pretzels & Cheese, Salad, Fruit	06 Breaded Pork Steak w/Roll or Turkey & Gravy w/Roll or Grilled Chicken Sandwich, Corn, Mashed Potatoes w/Gravy, Orange Wedges SALAD BAR: Chili Soup w/Crackers, Salad, Fruit	07 Chicken on the Beach w/Tostitos & Rice or Chicken Patty Sandwich or Burger, Refried Beans, Romaine Salad & Tomatoes, Fruit, Cookie SALAD BAR: Taco Bar, Salad, Fruit	08 Pizza or Corn Dog or Burger, Fruit, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit
11 Sloppy Beefy Scoops or Chicken Patty Sandwich or Sloppy Joe Sandwich, Garden Salad, Curly Fries, Green Beans, Apple SALAD BAR: Nachos & Cheese, Salad, Fruit	12 Bosco Sticks w/Marinara or BBQ Rib Sandwich or Polish Sausage, Baked Beans, Romaine Salad, BaBy Carrots, Fruit, Cookie SALAD BAR: Asian Bar w/Rice, Salad, Fruit	13 Salisbury Steak w/roll or Meatloaf w/roll or Grilled Chicken Breast w/roll, Green Beans, Mashed Potatoes w/Gravy, Orange Wedges SALAD BAR: Sub Sandwich Bar, Salad, Fruit	14 Chicken Tenders or Grilled Cheese or Chicken Patty Sandwich, Baked Beans, Veggie Cup, Fruit, Cinnamon Swirl Cake SALAD BAR: Taco, Black & Refried Beans, Rice, Salad, Fruit	15 Pizza or Corn Dog or Burger, Fruit, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit
18 Chicken Drumstick or , Garden Salad, Curly Fries, Green Beans, Apple SALAD BAR: Chili Soup w/Pretzel & Cheese, Salad, Fruit	19 Beefy Nachos or Chicken Patty Sandwich or Burger, Romaine Salad, Fresh Fruit Salad, Cookie SALAD BAR: Rattle Snake Bowl, Salad, Fruit	20 Country Fried Steak w/roll or Grilled Chicken Breast w/roll or Fish Sandwich Green Beans, Mashed Potatoes w/Gravy, Orange Wedges SALAD BAR: Bosco Sticks Bar, Salad, Fruit	21 Pepperoni Calzone or Grilled Cheese or Burger, Baked Beans, Veggie Cup, Fruit, Muffin SALAD BAR: Taco, Black Bean Fiesta & Refried Beans, Rice, Salad, Fruit	22 Pizza or Corn Dog or Burger, Fruit, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit
25 Chicken Fettuccine Alfredo or Fish Sandwich or Corn Dog, Garden Salad & Tomatoes, Apple SALAD BAR: Nachos & Cheese Salad, Fruit	26 Bosco Sticks w/Marinara or BBQ Rib Sandwich or Patriot Burger, Baked Beans, Romaine Salad, BaBy Carrots, Fruit, Cookie SALAD BAR: Asian Bar w/Rice, Salad, Fruit	27 Salisbury Steak w/roll or Meatloaf w/roll or Grilled Chicken Breast w/roll, Green Beans, Mashed Potatoes w/Gravy, Orange Wedges SALAD BAR: Sub Sandwich Bar, Salad, Fruit	28 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	29 Pizza or Corn Dog or Burger, Fruit, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit