

Heritage Hills Schools Breakfast & Lunch Menu November 2018

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

BREAKFAST ON THE GO! Middle School Students will be allowed to visit the breakfast bar after morning assembly and take their breakfast into the classroom!




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.

Lunch is \$ 2.35 and is served with Milk & 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 5 components.



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	Wrap or Frittata or Mini Cinni w/2 Sausage or Frudel w/2 Sausage

2018		November		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
05	06	07	08	09
Chunky Chicken Bites w/Mac & Cheese or Chili Mac or Grilled Chicken Sandwich, Green Beans, Garden Salad, Orange Wedges SALAD BAR: Nachos & Cheese, Salad, Fruit	Beefy Nachos or Chicken Patty Sandwich or Burger, Green Beans, Corn, Fresh Fruit Salad, Cookie SALAD BAR: Turkey Noodle Soup w/Crackers, Fruit	Turkey & Gravy w/roll or Glazed Ham w/roll, Dressing, Mashed Potatoes, Corn, Fruit, Pumpkin Cake SALAD BAR: Turkey & Ham Dinner, Served	Pepperoni Calzone or Heritage Chicken Burger or Buffalo Chicken Calzone, Baked Beans, Veggie Cup, Strawberries, Cookie SALAD BAR: Taco, Black Beans & Refried Beans, Rice, Salad, Fruit	Bosco Stuffed Crust Pizza or Corn Dog or Burger, Fruit, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit
12	13	14	15	16
Chicken Fettuccine Alfredo w/Breadstick or Fish Sandwich or Corn Dog, Green Beans, Garden Salad, Tomatoes & Croutons, Orange Wedges SALAD BAR: Nachos & Cheese Salad, Fruit	Bosco Sticks w/Marinara or BBQ Rib Sandwich or Patriot Burger, Baked Beans, Garden Salad, BaBy Carrots, Grapes, Cinnamon Swirl Cake SALAD BAR: Rattle Snake Bowl, Salad, Fruit	Breaded Pork Steak w/roll or Chicken Pot Pie or Grilled Chicken Sandwich, Steamed Broccoli, Mashed Potatoes w/Gravy, Garden Salad, Apple SALAD BAR: Spaghetti w/Breadstick, Salad, Fruit	Chicken on the Beach w/Tostitos & Rice or Chicken Patty Sandwich or Burger, Refried Beans, Garden Salad & Tomatoes, Strawberries, Cookie SALAD BAR: Taco, Black & Refried Beans, Rice, Salad, Fruit	Bosco Stuffed Crust Pizza or Corn Dog or Burger, Fruit, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit
19	20	21	22	23
Pizza or Philly Steak & Cheese Sandwich or Burger, Green Beans, Garden Salad, BaBy Carrots, Orange Wedges SALAD BAR: Nachos & Cheese, Salad, Fruit	Chicken Breast Bites w/Breadstick or Orange Chicken & Rice or Chicken Patty Sandwich, Stir Fry Vegetables, Garden Salad, Grapes, Cookie SALAD BAR: Asian Bar w/Rice, Salad, Fruit	Thanksgiving Vacation 	Thanksgiving Vacation 	Thanksgiving Vacation 
26	27	28	29	30
Sloppy Beefy Scoops or Chicken Patty Sandwich or Sloppy Joe Sandwich, Garden Salad, Curly Fries, Green Beans, Orange Wedges SALAD BAR: Nachos & Cheese, Salad, Fruit	Chicken Quesadilla or Grilled Cheese Sandwich or Burger, Spanish Rice, Refried Beans, Garden Salad, Grapes, Cookie SALAD BAR: Chili Soup w/Crackers, Salad, Fruit	Salisbury Steak w/roll or Grilled Chicken Breast Sandwich or Turkey & Gravy w/roll, Steamed Broccoli, Mashed Potatoes w/Gravy, Apple SALAD BAR: Sub Sandwich Bar, Salad, Fruit	Chicken on the Beach w/Tostitos & Rice or Chicken Patty Sandwich or Patriot Burger, Refried Beans, Garden Salad & Tomatoes, Strawberries, Cookie SALAD BAR: Taco, Black & Refried Beans, Rice, Salad, Fruit	Bosco Stuffed Crust Pizza or Corn Dog or Burger, Fruit, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit