

## Heritage Hills Schools Breakfast & Lunch Menu October 2020

**Breakfast is \$ 1.85 and is served with Milk & Fruit Choice and is served from 7:40 to 8:10 in the Middle School and from 7:25 to 8:10 in the High School!**

**BREAKFAST ON THE GO! Middle School Students will be **REQUIRED** to take their breakfast into the classroom!**

**High School Students will be allowed to take their breakfast into the classroom!**

**Breakfast 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**

**Lunch 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.



**ALL student  
Meals are FREE  
until further  
notice!**

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast or Mini Cinni w/Sausage or Frudel w/Sausage	Egg & Cheese Biscuit or Mini Cinni w/Sausage or Frudel w/Sausage	Dutch Waffle or Waffle Sticks or Mini Cinni w/Sausage or Frudel w/Sausage	Breakfast Pizza or Mini Cinni w/Sausage or Frudel w/Sausage	Omelette or Mini Cinni w/Sausage or Frudel w/Sausage



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>	<b>09</b>
Sloppy Beefy Scoops or Grilled Cheese Sandwich or Sloppy Joe Sandwich, Garden Salad, Glazed Carrots, Corn, Orange Wedges SALAD BAR: Nachos & Cheese or Chef Salad, Side Salad, Fresh Vegetable Choices, Mandarin Oranges	BBQ Pork Sandwich or BBQ Rib Sandwich or Hamburger, Baked Beans, Garden Salad, Green Beans, Applesauce, Chocolate Chip Cookie SALAD BAR: Chili Soup w/Crackers or Chef Salad, Side Salad, Fresh Vegetable Choices, Pear Cup	Salisbury Steak w/roll or Turkey w/Gravy & Roll or BBQ Rib Sandwich, Steamed Broccoli, Mashed Potatoes w/Gravy, Apple Slices SALAD BAR: Sub Bar or Chef Salad, Side Salad, Fresh Vegetable Choices, Apple Slices	Chicken on the Beach w/Rice & Tostitos or Chicken Patty Sandwich or Beef/Bean Burrito w/cheese, Refried Beans, Garden Salad & Tomatoes, Strawberries, M&M Cookie SALAD BAR: Taco Bar or Chef Salad, Black Beans, Refried Beans, Spanish Rice, Side Salad, Fresh Vegetable Choices, Peach Cup	Pizza Max or Mini Corn Dogs or Fish Sandwich, Fries, BaBy Carrots, Diced Pears SALAD BAR: Loaded Baked Potato or Cheezy Fries or Chef Salad, Side Salad, Croutons, Diced Pears
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Chicken Patty Sandwich or Hamburger or Mini Corn Dogs, Green Beans, Garden Salad, Orange Wedges SALAD BAR: Nachos & Cheese or Chef Salad, Side Salad, Fresh Vegetable Choices, Mandarin Oranges	Bosco Sticks w/Marinara or BBQ Rib Sandwich or Grilled Cheese, Peas, Garden Salad, Diced Pears, Sugar Cookie SALAD BAR: Rattle Snake Bowl or Chef Salad, Side Salad, Fresh Vegetable Choices, Pear Cup	Breaded Pork Steak w/roll or Grilled Chicken w/Roll or Grilled Chicken Sandwich, Steamed Broccoli, Mashed Potatoes w/Gravy, Garden Salad, Apple Slices SALAD BAR: Spaghetti w/Breadstick or Chef Salad, Side Salad, Fresh Vegetable Choices, Apple Slices	Pepperoni Calzone or BBQ Rib Sandwich or Fiestada Pizza, Baked Beans, Veggie Cup, Peach Cup, Oatmeal Raisin Cookie SALAD BAR: Taco Bar or Chef Salad, Black Beans, Refried Beans, Spanish Rice, Side Salad, Fresh Vegetable Choices, Peach Cup	Pizza Max or Mini Corn Dogs or Fish Sandwich, Fries, BaBy Carrots, Diced Pears SALAD BAR: Loaded Baked Potato or Cheezy Fries or Chef Salad, Side Salad, Croutons, Diced Pears
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Fall Break 	Fall Break 	Country Fried Steak w/roll or Grilled Chicken w/Roll or Grilled Chicken Sandwich, Steamed Broccoli, Mashed Potatoes w/Gravy, Apple Slices SALAD BAR: Bosco Sticks w/Marinara or Chef Salad, Side Salad, Fresh Vegetable Choices, Apple Slices	Chicken on the Beach w/Rice & Tostitos or Chicken Patty Sandwich or Beef/Bean Burrito w/cheese, Refried Beans, Garden Salad & Tomatoes, Strawberries, Chocolate Chip Cookie SALAD BAR: Taco Bar or Chef Salad, Black Beans, Refried Beans, Spanish Rice, Side Salad, Fresh Vegetable Choices, Peach Cup	Pizza Max or Mini Corn Dogs or Fish Sandwich, Fries, BaBy Carrots, Diced Pears SALAD BAR: Loaded Baked Potato or Cheezy Fries or Chef Salad, Side Salad, Croutons, Diced Pears
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Chunky Chicken Bites w/Mac & Cheese or Corn Dog or Grilled Cheese Sandwich, Green Beans, Garden Salad, Orange Wedges SALAD BAR: Nachos & Cheese or Chef Salad, Side Salad, Fresh Vegetable Choices, Mandarin Oranges	Homemade Chicken Quesadilla or Beef/Bean Burrito w/cheese or Burger, Spanish Rice, Refried Beans, Garden Salad, Diced Peaches, Snickerdoodle Cookie SALAD BAR: Chili Soup w/Crackers or Chef Salad, Side Salad, Fresh Vegetable Choices, Pear Cup	Salisbury Steak w/roll or Turkey w/Gravy & Roll or BBQ Rib Sandwich, Steamed Broccoli, Mashed Potatoes w/Gravy, Apple Slices SALAD BAR: Sub Bar or Chef Salad, Side Salad, Fresh Vegetable Choices, Apple Slices	Pepperoni Calzone or BBQ Rib Sandwich or Fiestada Pizza, Baked Beans, Veggie Cup, Peach Cup, Oatmeal Cranberry Cookie SALAD BAR: Taco Bar or Chef Salad, Black Beans, Refried Beans, Spanish Rice, Side Salad, Fresh Vegetable Choices, Peach Cup	Pizza Max or Mini Corn Dogs or Fish Sandwich, Fries, BaBy Carrots, Diced Pears SALAD BAR: Loaded Baked Potato or Cheezy Fries or Chef Salad, Side Salad, Croutons, Diced Pears