

Heritage and Liberty Elementary School 2021-2022 LUNCH MENU

	Mindful MONDAY	Tasty TUESDAY	Wisdom WEDNESDAY	Thriving THURSDAY	Finish Strong FRIDAY
WEEK #1	Popcorn Chicken Fish Sticks Corn Cucumber Slices Cinna Bites & Applesauce	Beef or Chicken Soft Taco Refried Beans Tossed Salad Orange Wedges	Toasted Cheese or Ham & Cheese Sandwich Tomato Soup Fresh Pepper Slices Apple Slices	Smoked Sausage Pulled Pork Sand. Sweet Peas Baby Carrots & Ranch Fresh Grapes Dessert	French Bread Pizza Smiley Fries Tossed Salad Slushy SideKick
WEEK #2	Parmesan Chicken Sandwich Pepperoni Calzone Mixed Vegetables Tropical Fruit Mix Ice Cream Treat	Breakfast for Lunch Cinnamon French Toast Sticks Sausage Patty Hash browns 100% Juice	Lasagna Rolls Cheese Crunchers Green Beans Tossed Salad Fresh Strawberries	Breaded Drumstick Meatloaf Bosco Stick Corn Cobbett Fresh Pepper Slices Warm Cinn. Apples	Stuffed Crust Pepperoni Pizza Sweet Peas Tossed Salad Fresh Melon Chunks
WEEK #3	Pretzel w/ Cheese BBQ Rib Sandwich Oven Fries Tossed Salad Diced Pears	Cheeseburger Breaded Chicken Sandwich Lettuce, Tomato, Pickles available Baked Beans Fresh Grapes	Chicken & Noodles Mashed Potatoes Whole Grain Roll Tossed Salad Orange Wedges	Chicken Nuggets Meatball Subs Green Beans Baby Carrots & Ranch Pineapple w/ Whipped Topping	Pizza Dippers & Ranch cup Steamed Broccoli Tossed Salad Mandarin Oranges Chocolate Cookie
WEEK #4	Hot Dog Sloppy Joes Tater Tots Cucumbers & Ranch Diced Peaches Ice Cream Treat	Cheesy Nachos Taco Quesadilla Corn & Black Beans Tossed Salad Orange Wedges	Pasta & Meat Sauce Chicken Alfredo Breadstick California Blend Baby Carrots & Ranch	Orange Chicken Popcorn Shrimp Fried Rice Stir Fry Veggies Fresh Pepper Slices Mandarin Oranges	Stuffed Crust Cheese Pizza Green Beans Tossed Salad Slushy SideKick
WEEK #5	Mini Corn Dogs Pizza Quickies Mixed Vegetables Tossed Salad Flavored Applesauce Treat	Boneless Wings BBQ or Plain Curly Fries Celery Sticks & Ranch Fresh Grapes	Mac & Cheese Ravioli Steamed Broccoli Tossed Salad Fresh Melon Chunks	Chicken Tenders Pepperoni Breadstick Steamed Corn Fresh Broccoli & Cauliflower Sliced Apples	Personal Pan Pizza Sweet Potato Fries Tossed Salad Fresh Strawberry Sundae

	Breakfast Menu
Mon.	Pancake Day Variety of flavored Pancakes Assorted Fruit Juice & Milk
Tue.	Viking Bakery Variety of Pastries Assorted Fruit Juice & Milk
Wed.	Warm, Delicious French Toast Assorted Fruit Juice & Milk
Thur.	A day designated to Cinnamon Rolls Assorted Fruit Juice & Milk
Fri.	Warm assortment of Waffles Assorted Fruit Juice & Milk



*Breakfast and Lunch is FREE to ALL STUDENTS. However, there is a charge for a la carte items and additional meals.
*To be eligible for other fee discounts and waivers from the state and federal level, we encourage all parents to still complete a free and reduced meal application.

*Free & reduced price meal applications are available in the school office or on our website.

*To add funds to a student's meal account please visit <http://myschoolbucks.com> to set up an account and make payments. We will be accepting cash in all our cafeterias.

*Any negative balances from past years that still exist are expected to be paid in full by the end of this school year.

A variety of grab and go breakfast items will be available on a rotating basis for students to enjoy in their classroom. Please use the above schedule as a guide.

Peanut Butter Uncrustable will be a lunch option each day. All lunches will include a variety of fresh vegetables and fruits, along with ice cold milk. Menu subject to change without notice due to availability. **This institution is an equal opportunity provider.**

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
30 31 1 2 3		1 2 3 4 5	1 2 3	3 4 5 6 7	1 2 3 4	1 2 3 4	1	2 3 4 5 6
6 7 8 9 10	4 5 6 7 8	8 9 10 11 12	6 7 8 9 10	10 11 12 13 14	7 8 9 10 11	7 8 9 10 11	4 5 6 7 8	9 10 11 12 13
13 14 15 16 17	11 12 13 14 15	15 16 17 18 19	13 14 15 16 17	17 18 19 20 21	14 15 16 17 18	14 15 16 17 18	11 12 13 14 15	16 17 18 19 20
20 21 22 23 24	18 19 20 21 22	22 23 24 25 26	20 21 22 23 24	24 25 26 27 28	21 22 23 24 25	21 22 23 24 25	18 19 20 21 22	23 24 25 26 27
27 28 29 30	25 26 27 28 29	29 30	27 28 29 30 31	31	28	28 29 30 31	25 26 27 28 29	30 31