

Heritage and Liberty Elementary School 2022-2023 LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1	Cheese Stuffed Breadstick Bites Popcorn Chicken Steamed Peas Tossed Salad Apple Slices	Cheeseburgers Spicy Chicken Sweet Potato Fries Pickle Spear Banana	Breakfast for Lunch French Toast Sticks Sausage Patty Hash Brown Juice	Chicken Tenders Smoked Sausage Baked Beans Cucumber Slices Strawberries	Pizza Parmesan Broccoli Tossed Salad Sidekick
WEEK #2	Mozzarella sticks Ravioli Green Beans Cucumber Slices Dream-sickle Fruit	Soft Tacos Taco Quesadilla Cheesy Refried Beans Tossed Salad Oranges	Chicken & Noodles Mashed Potatoes Fresh Carrots Grapes	Hot Dog Pizza Quickies French Fries Fresh Broccoli Pears	Pizza Corn Cobette Tossed Salad Pineapple
WEEK #3	Mac & Cheese Fish Sticks Parmesan Broccoli Tossed Salad Strawberries	Chicken Nuggets Pretzel w/ Cheese Buttered Corn Pepper Slices Applesauce	Grilled Cheese Sloppy Joe Tomato Soup Pickle Sidekick	BBQ Rib Sandwich Chicken Patty Smile Fries Fresh Carrots Peaches	Pizza Steamed Peas Tossed Salad Fresh Mixed Melon
WEEK #4	Parmesan Chicken Sandwich Mini Corn Dogs California Blend Tossed Salad Grapes	Orange Chicken Popcorn Shrimp Fried Rice Stir Fry Veggies Pepper Slices Sunshine Salad	Loaded Totchos Pizza Burger Tossed Salad Banana	Baked Lasagna Cheese Crunchers Steamed Peas Fresh Carrots Peaches	Pizza Green Beans Tossed Salad Strawberries w/ Blueberries
WEEK #5	Plain or BBQ Boneless Wings French Fries Celery Pineapple Whip	Drumstick w/Bosco stick Meatball Sub Buttered Corn Fresh Carrots Warm Cinnamon Apples	Spaghetti Chicken Alfredo Parmesan Broccoli Tossed Salad Sidekick	Quesadilla Cheesy Nachos Fire Roasted Corn and Black Beans Fresh Pepper Slices Peaches	Pizza Mixed Veggies Tossed Salad Apple Slices

	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, delicious Waffles

Peanut Butter Uncrustables will be a lunch option daily. Please like our Facebook page the lunch bunch to be on the lookout for different surprise events and special treats!



***Breakfast and Lunch are NO LONGER FREE to ALL STUDENTS.** Please be sure to fill out an Education Assistance Application to possibly qualify for free or reduced meals.

***Breakfast price is \$1.55 & Lunch price is \$2.85**

*** Education Assistance 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 and checks in all our cafeterias.**

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.**

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
MTWTF	MTWTF	MTWTF	MTWTF	MTWTF	MTWTF	MTWTF	MTWTF	MTWTF	MTWTF
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