Heritage & Liberty Elementary Menu

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	BREAKFAST	Breakfast Burrito Craisins Juice Milk	Cinnamon Roll Apple Slices Juice Milk	Muffin Sour Raisins Juice Milk	Chicken Waffle Sandwich Grapes Juice Milk	Donuts Dried Apples Juice Milk
	LUNCH	Chicken Tenders Calzone PB&J Green Beans Bell Pepper Strips Diced Peaches Milk	BBQ Rib Sandwich Hot Dog Pizza Kit Baked Beans Side Salad Sidekick Milk	Rotini and Meat Sauce PB&J Steamed Broccoli Cucumber Slices Grapes Milk	French Toast Sticks Turkey Sandwich Sausage Links Hash Brown Baby Carrots Orange Juice Milk	Pizza PB&J Steamed Corn Tossed Salad Pineapple Tidbits Milk **Special Treat!**
2	BREAKFAST	Pancake Sausage Sandwich Craisins Juice Milk	Banana Bread Apple Slices Juice Milk	Choc. Chip French Toast Sour Raisins Juice Milk	Sausage Biscuit Sandwich Grapes Juice Milk	Donuts Dried Apples Juice Milk
	LUNCH	Bosco Sticks Cheeseburger PB&J Green Beans Marinara Sauce Side Salad Apple Slices Milk	Pizza Quesadilla Nachos with Cheese Sauce Pizza Kit Refried Beans Side Salad Diced Pears Milk	Orange Chicken Turkey & Cheese Sandwich Steamed Broccoli Bell Pepper Strips Fresh Orange Milk	Grilled Cheese Sloppy Joe Sandwich Turkey Sandwich Tomato Soup Baby Carrots Banana Milk	Pizza PB&J Green Peas Side Salad Strawberries Milk **Special Treat!**
3	BREAKFAST	Egg & Cheese Biscuit Sandwich Craisins Juice Milk	Cinnamon French Toast Apple Slices Juice Milk	Confetti Pancakes Sour Raisins Juice Milk	Cream Cheese Bagel Grapes Juice Milk	Donuts Dried Apples Juice Milk
	LUNCH	Boneless Wings PB&J French Fries Fresh Carrots Pineapple Milk	Walking Taco Quesadilla Pizza Kits Refried Beans Side Salad Diced Peaches Milk	Chicken Noodles Popcorn Chicken PB&J Mashed Potatoes Fresh Broccoli Fresh Pear Milk	Mozzarella Sticks Chicken Fried Rice Bowl Steamed Corn Cucumber Slices Mandarin Oranges Milk	Pizza PB&J Green Beans Side Salad Watermelon Milk **Special Treat!**
4	BREAKFAST	Pancake on a Stick Craisins Juice Milk	Blueberry Pancakes Apple Slices Juice Milk	Mini Cinni Sour Raisins Juice Milk	Frudel Grapes Juice Milk	Donuts Dried Apples Juice Milk
	LUNCH	Chicken Nuggets Breadstick PB&J French Fries Cucumber Slices Diced Peaches Milk	Mini Corn Dogs Beef Soft Taco Pizza Kits Tater Tots Side Salad Grapes Milk	Meatloaf Drumstick Roll PB&J Mashed Potatoes Fresh Broccoli Banana Milk	Mac & Cheese Turkey Sandwich Seasoned Peas Baby Carrots Fresh Orange Milk	Pizza PB&J Steamed Corn Side Salad Apple Slices Milk **Special Treat!**

The following major food allergens are used as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, and Soy.
Please notify a Food Employee for more information about these ingredients.

This institution is an equal opportunity provider, employer, and lender . Menu subject to change without notice.

AUGUST

M	T	W	T	F
17	18	19	20	21
24	25	26	27	28
31				

SEPTEMBER

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

OCTOBER

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

NOVEMBER

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

DECEMBER

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

JANUARY

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

FEBRUARY

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

MARCH

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

APRIL

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

MAY

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28