

## Heritage Hills Schools Breakfast & Lunch Menu January 2020

**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 take 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 Burrito or Mini Cinni w/2 Sausage or Frudel w/2 Sausage	Breakfast Pizza or Mini Cinni w/2 Sausage or Frudel w/2 Sausage	Egg & Cheese Omelette w/Sausage or Mini Cinni w/2 Sausage or Frudel w/2 Sausage

2020	January			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Winter Vacation 	<b>31</b> Winter Vacation 	<b>01</b>  <b>HAPPY NEW YEAR</b>	<b>02</b> Pepperoni Calzone or BBQ Rib Sandwich or Fiestada Pizza, Baked Beans, Veggie Cup, Strawberries, Cookie SALAD BAR: Taco, Black Beans & Refried Beans, Rice, Salad, Fruit	<b>03</b> Pizza or Corn Dog or Fish Sandwich, Grapes, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit
<b>06</b> Sloppy Beefy Scoops or Chicken Patty Sandwich or Sloppy Joe Sandwich, Garden Salad, Potato Stix, Green Beans, Orange Wedges SALAD BAR: Nachos & Cheese, Salad, Fruit	<b>07</b> BBQ Pork Sandwich or BBQ Rib Sandwich or Hamburger, Baked Beans, Garden Salad, Glazed Carrots, Diced Peaches, Cookie SALAD BAR: Soup, Salad, Fruit	<b>08</b> Salisbury Steak w/roll or Turkey w/roll or Grilled Chicken Sandwich, Steamed Broccoli, Mashed Potatoes w/Gravy, Apple SALAD BAR: Spaghetti w/Breadstick, Salad, Fruit	<b>09</b> Chicken on the Beach w/Rice & Tostitos or Chicken Patty Sandwich or Beef/Bean Burrito w/cheese, Refried Beans, Garden Salad & Tomatoes, Strawberries, Cookie SALAD BAR: Taco, Black & Refried Beans, Rice, Salad, Fruit	<b>10</b> Pizza or Corn Dog or Fish Sandwich, Grapes, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit
<b>13</b> Ham & Cheese Casserole w/Breadstick or Chicken Patty Sandwich or Hamburger, Green Beans, Garden Salad, Orange Wedges SALAD BAR: Nachos & Cheese, Salad, Fruit	<b>14</b> Bosco Sticks w/Marinara or BBQ Rib Sandwich or Grilled Cheese, Peas, Garden Salad, Diced Pears, Cinnamon Swirl Cake SALAD BAR: Rattle Snake Bowl, Salad, Fruit	<b>15</b> Breaded Pork Steak w/roll or Hamburger or Grilled Chicken Sandwich, Steamed Broccoli, Mashed Potatoes w/Gravy, Garden Salad, Apple SALAD BAR: Bosco Sticks w/Marinara, Salad, Fruit	<b>16</b> Pepperoni Calzone or BBQ Rib Sandwich or Fiestada Pizza, Baked Beans, Veggie Cup, Strawberries, Cookie SALAD BAR: Taco, Black Beans & Refried Beans, Rice, Salad, Fruit	<b>17</b> Pizza or Corn Dog or Fish Sandwich, Grapes, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit
<b>20 MLK - In Session</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Subs - Turkey or Ham or Philly Steak & Cheese or Meatball, Green Beans, Lettuce, Sliced Tomatoes, Orange Wedges SALAD BAR: Nachos & Cheese, Salad, Fruit	Beefy Nachos w/Chips or Hot Dog or Burger, Peas, Corn, Garden Salad, Applesauce, Cookie SALAD BAR: Asian Bar w/Rice, Stir Fry Veggies, Salad, Fruit	Country Fried Steak w/roll or Philly Steak & Cheese Sandwich or Grilled Chicken Sandwich, Steamed Broccoli, Mashed Potatoes w/Gravy, Apple SALAD BAR: Sub Bar, Salad, Fruit	Chicken on the Beach w/Rice & Tostitos or Chicken Patty Sandwich or Beef/Bean Burrito w/cheese, Refried Beans, Garden Salad & Tomatoes, Strawberries, Cookie SALAD BAR: Taco, Black & Refried Beans, Rice, Salad, Fruit	Pizza or Corn Dog or Fish Sandwich, Grapes, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit
<b>27</b> Chunky Chicken Bites w/Mac & Cheese or Corn Dog or Grilled Cheese Sandwich, Green Beans, Garden Salad, Orange Wedges SALAD BAR: Nachos & Cheese, Salad, Fruit	<b>28</b> Chicken Quesadilla or Beef/Bean Burrito w/cheese or Burger, Spanish Rice, Refried Beans, Garden Salad, Diced Peaches, Cookie SALAD BAR: Chili Soup w/Crackers, Salad, Fruit	<b>29</b> ALL LINES -Breakfast Bar- Dutch Waffles, Pancakes, Biscuit w/gravy, Scrambled Eggs, Sausage, Hash Brown Rounds, Blueberry & Strawberry Toppings, Baby Carrots, Various Fruits	<b>30</b> Pepperoni Calzone or BBQ Rib Sandwich or Fiestada Pizza, Baked Beans, Veggie Cup, Strawberries, Cookie SALAD BAR: Taco, Black Beans & Refried Beans, Rice, Salad, Fruit	<b>31</b> Pizza or Corn Dog or Fish Sandwich, Grapes, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit