

## Heritage Hills Schools Breakfast & Lunch Menu December 2019

**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 Calzone or Mini Cinni w/2 Sausage or Frudel w/2 Sausage	Breakfast Pizza or Mini Cinni w/2 Sausage or Frudel w/2 Sausage	Omlette w/Sausage or Mini Cinni w/2 Sausage or Frudel w/2 Sausage

<h1>2019</h1>	<h1>December</h1>			
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25	26	27	28	29
02	03	04	05	06
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 Beef Stroganoff or Burger, Peas, Corn, Garden Salad, Applesauce, Cookie SALAD BAR: Asian Bar w/Rice, Salad, Fruit	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	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
09	10	11	12	13
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	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	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	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	Pizza or Corn Dog or Fish Sandwich, Grapes, Fries, BaBy Carrots SALAD BAR: Baked Potato, Fries, Salad, Croutons, Fruit
16	17	18	19	20
Chicken Fettuccine Alfredo w/Breadstick or Hamburger or Corn Dog, Green Beans, Garden Salad, Tomatoes & Croutons, Orange Wedges SALAD BAR: Nachos & Cheese Salad, Fruit	Bosco Sticks w/Marinara or BBQ Rib Sandwich or Grilled Cheese, Peas, Garden Salad, Diced Peaches, Cinnamon Swirl Cake SALAD BAR: Rattle Snake Bowl, 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
23	24	25	26	27
Winter Vacation 	Winter Vacation 	Winter Vacation 	Winter Vacation 	Winter Vacation 
30	31	Notes		
Winter Vacation 	Winter Vacation 