

Heritage Middle School
Lunch Menu

May 15th – May 18th

*Students must select 3 out of 5 meal components. One of the 3 components selected "**MUST**" be a fruit or Vegetable*



THIS WEEK'S DAILY SPECIALS
(All is served with Tator Tots & Fruit)

- Monday-** Turkey & Cheese Sub
PB&J sandwich or Ham & Cheese Sandwich
- Tuesday-** Ham & Cheese Sub or PB&J Sandwich or
Crispy Chicken Wrap
- Wednesday-** PB&J Sandwich or American Sub
Club Wrap
- Thursday-** PB&J Sandwich or Turkey & Cheese Sandwich
Tuna Sub



***Fiesta Creations
Station***

Monday

Bean & Cheese Burrito served with Spanish Rice & Beans

Tuesday

Chicken Alfredo served with a Whole Grain Dinner Roll & Veggie

Wednesday

Chicken Fajita served with Spanish Rice & Beans

Thursday

Nacho served with Spanish Rice & Beans



- Monday-** Greek Salad served with a Whole Grain Dinner Roll
- Tuesday-** Crispy Chicken Salad served with a Whole Grain Dinner Roll
- Wednesday -** Chef Salad served with a Whole Grain Dinner Roll
- Thursday -** Tuna Salad served with a Whole Grain Dinner Roll



THIS WEEK'S DAILY SPECIAL'S

(All Pizza is Whole Wheat & served with Tator Tots, Fruit)

- Monday-** Cheese Pizza
Pepperoni Pizza
- Tuesday-** Cheese Pizza
Sausage Pizza
- Wednesday-** Cheese Pizza
Pepperoni Pizza
- Thursday-** Cheese Pizza
Sausage Pizza
- (All Pizza's are prepared on Whole Grain Pizza Crust)*



THIS WEEK'S DAILY SPECIAL'S

(All Sandwiches are served on Whole Wheat Buns with Tator Tots & fruit)

- Monday-** Bacon Cheese Burger
Corn Dog
- Tuesday-** Cheeseburger
Hot & Spicy Chicken Sandwich
- Wednesday-** BBQ Burger
Hot Dog
- Thursday-** Grilled Cheese
Hot & Spicy Chicken Sandwich

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