

Heritage Middle School  
Lunch Menu

May 1<sup>st</sup>- May 4th

*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 or  
PB&J Sandwich or Buffalo Chicken Wrap

**Tuesday-**Ham & Cheese Sub or  
PB&J Sandwich or Crispy Chicken Wrap

**Wednesday-** PB&J Sandwich or  
Club Wrap or American Sub

**Thursday-** Turkey & Cheese Sub or  
PB&J Sandwich or Antipasto Wrap



**Fiesta Creations**  
**Station**

**Monday**

Bean & Cheese Burrito served with Spanish Rice & Beans

**Tuesday**

Chicken Fried Steak served with Mash Potatoes , Whole Grain Dinner Roll & Veggie

**Wednesday**

Soft Taco served with Spanish Rice & Beans

**Thursday**

Nacho served with Spanish Rice & Beans



**Monday-**Buffalo Chicken 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** – Antipasto 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-**BBQ Bacon Burger  
Hot Dog

**Tuesday-**Grilled Cheese  
Hot & Spicy Chicken Sandwich

**Wednesday-**Cheese Burger  
Crispy Chicken

**Thursday-**Meat Ball Sub  
Corn Dog

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