

Heritage Middle School
Lunch Menu

May 22nd – May 25th

*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- American Sub or PB&J Sandwich or
Hawaiian Chicken Wrap

Tuesday- PB&J Sandwich or Italian Sub or
Buffalo Chicken Wrap

Wednesday- Turkey & Cheese Sub or PB&J Sandwich or
Club Sub

Thursday- LAST DAY OF SCHOOL
UNCRUSTABLE SERVED WITH FRUIT, CARROTS
& MILK



**Fiesta Creations
Station**

Monday

Nacho served with Spanish Rice & Beans

Tuesday

Spaghetti served with a Whole Grain Dinner Roll & Veggie

Wednesday

Enchilada served with Spanish Rice & Beans

Thursday

LAST DAY OF SCHOOL
UNCRUSTABLE SERVED WITH
FRUIT, CARROTS & MILK



Monday-Hawaiian Chicken Salad served with a Whole Grain Dinner Roll

Tuesday-Buffalo Chicken Salad served with a Whole Grain Dinner Roll

Wednesday – Chef Salad served with a Whole Grain Dinner Roll

Thursday – LAST DAY OF SCHOOL
UNCRUSTABLE SERVED WITH FRUIT, CARROTS & MILK



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-LAST DAY OF SCHOOL
UNCRUSTABLE SERVED WITH FRUIT, CARROTS & MILK

(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-Hot Dog
Grilled Cheese Sandwich

Tuesday-Meatball Sub
Crispy Chicken Sandwich

Wednesday-Cheeseburger
Hot & Spicy Chicken Sandwich

Thursday- LAST DAY OF SCHOOL
UNCRUSTABLE SERVED WITH FRUIT,
CARROTS & MILK

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