

Heritage Middle School
Lunch Menu

May 8th – May 11th

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

Tuesday- Turkey & Cheese Sub or Buffalo Chicken Wrap or PB&J Sandwich

Wednesday- PB&J Sandwich or Ham & Cheese Sub or Maui Crunch Wrap

Thursday- PB&J Sandwich or Italian Sub
Chicken Caesar Wrap



Fiesta Creations Station

Monday

Chicken Nuggets served with Mash Potatoes, Veggie & Dinner Roll

Tuesday

Soft Taco served with Spanish Rice & Beans

Wednesday

Mac & Cheese with Hot Dogs served with a Veggie & Dinner Roll

Thursday

Nacho Served with Spanish Rice & Beans



Monday- Chef Salad served with a Whole Grain Dinner Roll

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

Wednesday - Maui Crunch Salad served with a Whole Grain Dinner Roll

Thursday - Chicken Caesar 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- Cheese Burger
Hot & Spicy Chicken Sandwich

Tuesday- Hamburger
Hot Dog

Wednesday- Bacon Cheese Burger
Hot & Spicy Chicken Sandwich

Thursday- Grilled Cheese
Corn Dog

"In Accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 495-3272 (voice) or (202) 720-5964. USDA is an equal opportunity provider and employer".