

High School Lunch \$2.35
 Middle School Lunch \$2.10
 Milk \$0.45
 Adult Lunch \$3.25



Heritage High School

Fall 2011

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|--|
| | Sweet & Sour chicken sticky rice fresh pineapple kebab fat free milk | BBQ pork (char siu) fried rice stir fry vegetables fat free milk | Chicken & snow peas egg roll brown rice fat free milk | Special chow mein potstickers pineapple cake fat free milk | Mongolian Beef sticky rice garlic broccoli fat free milk |
| | Teriyaki chicken sandwich mesquite burger, chicken strips assorted fresh fruit & vegetables fat free milk | Teriyaki chicken sandwich mesquite burger, chicken strips assorted fresh fruit & vegetables fat free milk | Teriyaki chicken sandwich mesquite burger, chicken strips assorted fresh fruit & vegetables fat free milk | Teriyaki chicken sandwich mesquite burger, chicken strips assorted fresh fruit & vegetables fat free milk | Teriyaki chicken sandwich mesquite burger, chicken strips assorted fresh fruit & vegetables fat free milk |
| | Soft Tacos, Burritos Shredded Chicken or Beef black beans, mexican rice assorted fresh fruits & vegetables fat free milk | Soft Tacos, Burritos Shredded Chicken or Beef black beans, mexican rice assorted fresh fruits & vegetables fat free milk | Soft Tacos, Burritos Shredded Chicken or Beef black beans, mexican rice assorted fresh fruits & vegetables fat free milk | Soft Tacos, Burritos Shredded Chicken or Beef black beans, mexican rice assorted fresh fruits & vegetables fat free milk | Soft Tacos, Burritos Shredded Chicken or Beef black beans, mexican rice assorted fresh fruits & vegetables fat free milk |
| | Garlic chicken pizza Cheese pizza Chicken caesar salad assorted fresh fruits & vegetables fat free milk | Chicken bacon ranch pizza Cheese pizza BBQ chicken hot pocket assorted fresh fruits & vegetables fat free milk | Sausage & pepperoni pizza Cheese pizza Grilled cheese sandwich assorted fresh fruits & vegetables fat free milk | Meatball pizza Cheese pizza Meatball sub sandwich assorted fresh fruits & vegetables fat free milk | Buffalo style chicken pizza Cheese pizza Buffalo chicken sandwich assorted fresh fruits & vegetables fat free milk |
| | Carved roast turkey garlic mashed potatoes, gravy wheat roll, corn fat free milk | Chicken cutlet parmesan spaghetti, cheese breadsticks italian squash fat free milk | Brunch for Lunch Fruit filled french toast scrambled eggs, sausage hash browns fat free milk | Baked potato bar broccoli with cheese sauce zucchini bread fat free milk | Diner Days Fried Chicken baked macaroni & cheese maple dill carrots, corn bread fat free milk |
| | Blue Monday Mashed potato bowl assorted fresh fruits & vegetables fat free milk | Twisted Tuesday Chicken cutlet parmesan sandwich assorted fresh fruits & vegetables fat free milk | Weird Wednesday Scrambled egg sandwich assorted fresh fruits & vegetables fat free milk | Thrifty Thursday Soft taco rice & beans fat free milk | Frugal Friday Macaroni & cheese assorted fresh fruits & vegetables fat free milk |
| | Presentation Station Prepared to order Stir fry assorted fresh fruits & vegetables fat free milk | Presentation Station Prepared to order Pasta assorted fresh fruits & vegetables fat free milk | Presentation Station Prepared to order Stir fry assorted fresh fruits & vegetables fat free milk | Presentation Station Prepared to order Pasta assorted fresh fruits & vegetables fat free milk | Presentation Station Prepared to order Stir fry assorted fresh fruits & vegetables fat free milk |
| | Custom 6 inch and Footlong subs made to order with only the freshest ingredients on a variety of breads | Custom 6 inch and Footlong subs made to order with only the freshest ingredients on a variety of breads | Custom 6 inch and Footlong subs made to order with only the freshest ingredients on a variety of breads | Custom 6 inch and Footlong subs made to order with only the freshest ingredients on a variety of breads | Custom 6 inch and Footlong subs made to order with only the freshest ingredients on a variety of breads |