



# APRIL | 2019

## Heath High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 General Tso Chicken or Tangerine Chicken</b> Steamed Rice Mixed Vegetables Water Chestnuts Mandarin Oranges Fortune Cookie & Milk	<b>2 Bosco Sticks w/Sauce</b> Cheese or Pepperoni Steamed Green Beans Salad Bar w/Dressing Choice of Fruit Milk	<b>3 Pepperoni Stromboli from Clay's Cafe</b> Marinara Sauce Salad Bar w/Dressing Cherry Tomatoes Fresh Fruit Salad Milk	<b>4 Boneless Chicken Wings w/Sauce</b> Waffle Fries Celery Sticks Chilled Peas Milk	<b>5 Taco Bar</b> Chicken Fajita or Taco Meat, Tortilla Bowl, Rice, Black Beans, Cheese, Lettuce, Jalapenos, Sour Cream, Salsa, Cinnamon Churro Stick, Chilled Fruit & Milk
<b>8 Chicken &amp; Waffles</b> Regular or Spicy Tenders Crispy Tater Tots Carrot Sticks Chilled Applesauce Milk	<b>9 Meatloaf Burger OR Mini Cheeseburgers</b> on Bun Celery Sticks Onion Rings Sliced Peaches Milk	<b>10 Flat Bread Pizza</b> Garlic Parmesan or BBQ Chicken Romaine Salad w/Dressing Cherry Tomatoes Fresh Fruit Salad Pudding Cup & Milk	<b>11 Spaghetti w/Meatballs Marinara or Alfredo Sauce</b> Garlic Bread Stick Salad Bar w/Dressing Fruit Cup Milk	<b>12 Quesadilla w/Salsa</b> Beef, Chicken or Cheese Salad Bar w/Dressing Refried Beans Fresh Fruit Milk
<b>15 Corn Dog on a Stick</b> Mac & Cheese Steamed Peas Celery Sticks Sidekick Icee Milk	<b>16 Breaded Chicken Patty Sandwich on Bun</b> Regular or Spicy Potato Wedges Baked Beans Chilled Pineapple Milk	<b>17 DONATOS Pizza</b> Salad Bar w/Dressing Cherry Tomatoes Fresh Fruit Cupcake Milk	<b>18 Brunch for Lunch</b> Sausage, Egg & Cheese on a Waffle Biscuit Hash Browns Carrot Sticks Juice Milk	<b>19 No School</b> <b>Good Friday</b>
<b>22 Chicken 2-Fers on Bun</b> Waffle Fries Carrot Sticks Flavored Applesauce Cup Milk	<b>23 Street Tacos</b> Shredded Beef or Taco Meat, 2 Mini Tortillas, Rice, Black Beans, Cheese, Lettuce, Jalapenos, Sour Cream, Salsa, Cinnamon Churro Stick, Chilled Fruit & Milk	<b>24 Big Daddy Pizza</b> Pepperoni, Buffalo or Cheese Salad Bar w/Dressing Cherry Tomatoes Fresh Fruit Salad Rice Krispies Treat Milk	<b>25 Cheese Ravioli w/Marinara Sauce</b> Texas Toast California Blend Veggies Choice of Fruit Milk	<b>26 Italian Calzone</b> Marinara Sauce Steamed Broccoli Salad Bar w/Dressing Mixed Fruit Milk
<b>29 Popcorn Chicken Mashed Potato Bowl w/Gravy</b> Golden Corn Salad Bar w/Dressing Choice of Fruit Milk	<b>30 Bacon Cheeseburger or Cheeseburger on Bun</b> Salad Bar w/Dressing Curry Fries Sliced Peas Milk	<b>1 Pepperoni Stromboli from Clay's Cafe</b> Marinara Sauce Salad Bar w/Dressing Cherry Tomatoes Fresh Fruit Salad Milk	<b>2 Brunch for Lunch</b> Breakfast Pizza Hash Browns Carrot Sticks Juice Cup Milk	<b>3 Bosco Sticks w/Sauce</b> Cheese or Pepperoni Steamed Green Beans Salad Bar w/Dressing Choice of Fruit Milk

**News**  
**All Beef Hot Dogs offered Daily!**

Breakfast includes a choice of fruit and milk

- Monday – Mini Donuts & Nutri Grain Bars
- Tuesday – Sausage Pancake on a Stick & Breakfast Bosco Sticks
- Wednesday – Cream Cheese Filled Bagels & Otis Spunkmeyer Muffin
- Thursday – Honey Bun & Oatmeal Bars
- Friday – Mini Pancakes & Apple Strudel

- Breakfast 1.50
- Reduced .30
- Lunch 2.80
- Reduced .40
- Ala Carte Entrée \$2.30
- Milk .50

Tuna Fish Sandwich during Lent  
 Salad Bar with Fresh Toppings Daily  
 Yogurt Parfait  
 P B & J Uncrustable  
 Hummus w/Pretzel Chips

To make pre-payments or check on your child's account, please use [myschoolducks.com](http://myschoolducks.com)