



# JANUARY | 2022

## Heath High School

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>3</b> <b>Chicken Nuggets</b> Plain or Honey Sriracha Steamed Broccoli Fruit Cup Oreo Churro Stick Milk	<b>4</b> <b>Quesadilla w/Salsa</b> Chicken or Cheese Shredded Lettuce, Diced Tomatoes, Sour Cream Refried Beans Diced Peaches Milk	<b>5</b> <b>Pizza Hut</b> Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Mixed Fruit Milk	<b>6</b> <b>Chicken Drumsticks</b> Garlic Herb Potatoes California Blend Veggies Applesauce Milk	<b>7</b> <b>Corn Dog</b> Mac & Cheese Steamed Peas Chilled Fruit Milk
<b>10</b> <b>Chicken &amp; Noodles</b> over Mashed Potatoes Romaine Salad w/Dressing Craisins Dinner Roll Milk	<b>11</b> <b>Bosco Sticks w/Sauce</b> Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Fruit Cup Milk	<b>12</b> <b>French Bread Pizza</b> Cheese or Pepperoni Romaine Salad w/Dressing Fresh Fruit Rice Krispies Treat Milk	<b>13</b> <b>Brunch for Lunch</b> French Toast Sticks w/Syrup Sausage Patties Tator Tots Carrot Sticks Choice of Juice Milk	<b>14</b> <b>Bacon Cheeseburgers</b> <b>on Bun</b> Lettuce, Tomato, Pickles Baked Beans Chilled Pineapple Milk
<b>17</b> <b>No School</b> <b>Martin Luther King Jr. Day</b>	<b>18</b> <b>Breaded Chicken Patty</b> <b>Sandwich</b> Regular or Spicy Crinkle Cut Fries Carrot Sticks Sliced Pears Milk	<b>19</b> <b>Jet's Pizza</b> Cheese or Pepperoni Romaine Salad w/Dressing Fresh Cauliflower Fruit Salad Milk	<b>20</b> <b>Taco Salad 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>21</b> <b>Hot Dog on Bun</b> Chili w/Crackers Romaine Salad w/Dressing Fruit Cup Milk
<b>24</b> <b>General Tso Chicken</b> Steamed Rice Mixed Vegetables Water Chestnuts Mandarin Oranges Fortune Cookie Milk	<b>25</b> <b>Chicken Wings</b> Tossed in Sauce Bone-In or Boneless Waffle Fries Celery Sticks Chilled Fruit Milk	<b>26</b> <b>Fiestada Pizza</b> Refried Beans w/Cheese Shredded Lettuce, Salsa, Jalapenos, Sour Cream Fruit Cup Milk	<b>27</b> <b>Spaghetti w/Meat Sauce</b> Garlic Bread Sticks Romaine Salad w/Dressing Sliced Pears Milk	<b>28</b> <b>Tomato Soup</b> <b>&amp; Grilled Cheese</b> <b>Sandwich</b> Romaine Salad w/Dressing Choice of Fruit Chocolate or Vanilla Pudding Milk
<b>31</b> <b>Chicken &amp; Waffles</b> Regular or Spicy Baked Fries Carrot Sticks Mixed Fruit Milk	<b>1</b> <b>Popcorn Chicken Mashed</b> <b>Potato Bowl w/Gravy</b> Golden Corn Romaine Salad w/Dressing Choice of Fruit Milk	<b>2</b> <b>Domino's Pizza</b> Cheese or Pepperoni Romaine Salad w/Dressing Sliced Cucumbers Sidekick Icee Milk	<b>3</b> <b>Brunch for Lunch</b> <b>Powdered Funnel Cake</b> Sausage Patties Hash Browns Carrot Sticks Choice of Juice Milk	<b>4</b> <b>Lasagna w/Sauce</b> Garlic Bread Sticks Steamed Green Beans Sliced Peaches Milk

### News

All meals served at Heath City Schools for the 21/22 school year are free. One breakfast and one lunch per school day.

Ala Carte Entrée \$2.35  
Milk .50

**Bulldog Express has all Beef Hot Dogs, Hamburgers, Large Pretzel w/Cheese & Fries daily!**

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 Buns & Oatmeal Bars  
 Friday – Mini Pancakes & Apple Strudel

**Daily Alternative Lunches:**  
 Salad Bar w/Fresh Produce  
 Yogurt Parfait  
 P B & J Uncrustable  
 Hummus w/Pretzel Chips