



JANUARY | 2025

Heath High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 No School Christmas Break	31 No School Christmas Break	1 Happy New Year!	2 No School Christmas Break	3 No School Christmas Break
6 Popcorn Chicken Mashed Potato Bowl w/Gravy Golden Corn Chilled Peaches Milk	7 Bosco Sticks w/Sauce Romaine Salad w/Dressing Zucchini Fries Pears Milk	8 Dominos Pizza Cheese or Pepperoni Romaine Salad w/Dressing Sliced Cucumbers Fresh Fruit Milk	9 Taco Salad Bar Chicken Fajita or Taco Meat, Tortilla Bowl, Rice, Black Beans, Cheese, Lettuce, Jalapenos, Sour Cream, Salsa, Cinnamon Churro Stick, Chilled Fruit & Milk	10 Grilled Cheese Sandwich & Chicken Noodle Soup Romaine Salad w/Dressing Choice of Fresh Fruit Cupcake Milk
13 Raman Noodle Bar Chicken, Broccoli, Water Chestnuts, Snow Peas, Carrots, Mushrooms Fruit Cup Milk	14 Breaded Chicken Patty Sandwich Regular or Spicy Baked Fries Pineapple Chunks Milk	15 Deep Dish Pizza Cheese or Pepperoni Romaine Salad w/Dressing Fresh Cauliflower Fresh Fruit Milk	16 Brunch for Lunch Biscuits & Sausage Gravy Sausage Patty Tator Tots Carrot Sticks Choice of Juice Milk	17 Cooks Choice Romaine Salad w/Dressing Choice of Fruit Milk
20 No School Martin Luther King Day	21 General Tso Chicken or Chicken Potstickers Steamed Rice Mixed Vegetables Water Chestnuts Mandarin Oranges Fortune Cookie & Milk	22 Pick Up Pizza Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Fresh Fruit Milk	23 Spaghetti w/Meatballs Marinara Sauce Garlic Bread Steamed Green Beans Sidekick Icee Milk	24 Hot Dog on Bun Coney Sauce Baked Fries Pineapple Chunks Friday Treat Milk
27 Nacho Bar Taco Meat, Chips, Queso Blanco Sauce, Nacho Cheese Sauce, Refried Beans, Shredded Lettuce, Salsa, Sour Cream, Jalapenos Fruit Cup & Milk	28 Chicken Nuggets Regular or Honey Sriracha Pretzel Rod Romaine Salad w/Dressing Flavored Applesauce Milk	29 4 x 6 Pizza Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Fresh Fruit Milk	30 Chicken Drumsticks Garlic Herb Potatoes California Blend Veggies Pineapple Chunks Milk	31 Cooks Choice Romaine Salad w/Dressing Choice of Fruit Milk

News

Bulldog Express Hours
10:15-1:00 Daily

Breakfast FREE

Lunch 3.00

Reduced 0.00

Ala Carte Entrée \$2.50

Milk .50

Adult Breakfast \$2.00

Adult Lunch \$3.85

Breakfast items offered daily;
Bagels, Cereal, Nutri-Grain
Bars, Donuts, Cereal Bars,
Parfaits with a choice of fruit
and a milk

Alternating Hot Breakfast
items; Sausage Egg &
Cheese Sandwich, Honey
Buns, Muffins, Pancake on a
Stick, Mini Pancakes and
Cinni Minis

Daily Alternative Lunches:

Salad Bar w/Fresh Produce

Yogurt Parfait

P B & J Uncrustable

Hummus w/Pretzel Chips

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