

# NOVEMBER | 2023



## Heath High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30 Chicken Tender Wrap</b> Regular or Spicy Chicken Tenders on a Tortilla Diced Tomatoes, Shredded Lettuce, Shredded Cheese Mixed Fruit Milk	<b>31 General Tso Chicken</b> Steamed Rice Mixed Vegetables Water Chestnuts Mandarin Oranges Fortune Cookie Milk	<b>1 Deep Dish Pizza</b> Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Fresh Fruit Milk	<b>2 Lasagna w/Sauce</b> Garlic Bread Steamed Green Beans Sidekick Icee Milk	<b>3 Nacho Bar</b> Taco Meat, Chips, Queso Blanco Sauce, Nacho Cheese Sauce, Refried Beans, Shredded Lettuce, Salsa, Sour Cream, Jalapenos Fruit Cup & Milk
<b>6 Hot Dog on Bun</b> <b>Coney Sauce</b> Baked Beans Pineapple Chunks Cupcake Milk	<b>7 BBQ Pulled Pork</b> <b>Mac &amp; Cheese Bowl</b> Romaine Salad w/Dressing Steamed Broccoli Sliced Peaches Milk	<b>8 Jets Pizza</b> Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Fresh Fruit Milk	<b>9 Brunch for Lunch</b> Breakfast Pizza Tator Tots Carrot Sticks Choice of Juice Milk	<b>10 Chicken Nuggets</b> Regular or Honey Sriracha Pretzel Rod Romaine Salad w/Dressing Flavored Applesauce Milk
<b>13 Corn Dog on a Stick</b> Mac & Cheese Steamed Peas Fruit Cup Chocolate or Vanilla Pudding Milk	<b>14 Popcorn Chicken Mashed</b> <b>Potato Bowl w/Gravy</b> Golden Corn Romaine Salad w/Dressing Choice of Fruit Milk	<b>15 Fiestada Pizza</b> Refried Beans w/Cheese Salsa, Shredded Lettuce, Jalapeños, Sour Cream Fresh Fruit Milk	<b>16 Spaghetti w/Meatballs</b> Marinara Sauce Garlic Bread Steamed Green Beans Sidekick Icee Milk	<b>17 Bosco Sticks w/Sauce</b> Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Peaches Milk
<b>20 Chicken &amp; Noodles</b> over Mashed Potatoes Romaine Salad w/Craisins Dinner Roll Holiday Cookie Milk	<b>21 Cook's Choice</b> Romaine Salad w/Dressing Choice of Fruit Milk	<b>22</b> No School	<b>23</b> No School Happy Thanksgiving!	<b>24</b> No School
<b>27</b> No School	<b>28 Chicken &amp; Waffles</b> Regular or Spicy Baked Fries Carrot Sticks Chilled Peaches Milk	<b>29 French Bread Pizza</b> Cheese or Pepperoni Romaine Salad w/Dressing Fresh Cauliflower Fresh Fruit Milk	<b>30 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>1 General Tso Chicken</b> Steamed Rice Mixed Vegetables Water Chestnuts Mandarin Oranges Fortune Cookie Milk

### News

Sign up for [Myschoolbucks.com](https://myschoolbucks.com) to receive low balance alerts, make pre-payments or to check on your student's account

Breakfast items offered daily;  
 Smoothies, Bagels, Avocado Toast,  
 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

**Breakfast 1.50**  
**Reduced 0.00**  
**Lunch 3.00**  
**Reduced 0.00**  
**Ala Carte Entrée \$2.50**  
**Milk .50**

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

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