

# NOVEMBER | 2024



## Heath High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28 Breaded Chicken Patty Sandwich</b> Regular or Spicy Baked Fries Pineapple Chunks Milk	<b>29 Popcorn Chicken Mashed Potato Bowl w/Gravy</b> Golden Corn Chilled Peaches Milk	<b>30 Fiestada Pizza</b> Refried Beans Shredded Lettuce Diced Tomatoes Sour Cream & Salsa Mixed Fruit Milk	<b>31 Spaghetti w/Meatballs</b> Marinara Sauce Garlic Bread Steamed Green Beans Sidekick Icee Milk	<b>1 Cooks Choice</b> Romaine Salad w/Dressing Choice of Fresh Fruit Milk
<b>4 General Tso Chicken</b> Steamed Rice Mixed Vegetables Water Chestnuts Mandarin Oranges Fortune Cookie Milk	<b>5 Bosco Sticks w/Sauce</b> Romaine Salad w/Dressing Zucchini Fries Peaches Milk	<b>6 Dominos Pizza</b> Cheese or Pepperoni Romaine Salad w/Dressing Sliced Cucumbers Fresh Fruit Milk	<b>7 Nacho Bar</b> Taco Meat, Chips, Queso Blanco Sauce, Nacho Cheese Sauce, Refried Beans, Shredded Lettuce, Salsa, Sour Cream, Jalapenos Fruit Cup & Milk	<b>8 Hot Dog on Bun Coney Sauce</b> Baked Fries Pineapple Chunks Friday Treat Milk
<b>11 Sloppy Joe on Bun</b> Onion Rings Baked Beans Applesauce Milk	<b>12 Chicken Drumsticks</b> Garlic Herb Potatoes California Blend Veggies Applesauce Milk	<b>13 Stuffed Crust Pizza Cheese or Pepperoni</b> Romaine Salad w/Dressing Garbanzo Beans Fresh Fruit Milk	<b>14 Throw Back Thursday Zoo Crew Nuggets</b> Smiley Potatoes Flavored Applesauce Cup Fruit Roll Up Milk	<b>15 Cooks Choice</b> Romaine Salad w/Dressing Choice of Fresh Fruit Milk
<b>18 BBQ Pulled Pork Mac &amp; Cheese Bowl</b> Romaine Salad w/Dressing Steamed Broccoli Sliced Peaches Milk	<b>19 Quesadilla</b> Corn & Black Bean Salsa Shredded Lettuce Sour Cream Fruit Cup Milk	<b>20 Dominos Pizza</b> Cheese or Pepperoni Romaine Salad w/Dressing Sliced Cucumbers Fresh Fruit Milk	<b>21 Brunch for Lunch</b> Breakfast Pizza Tater Tots Carrot Sticks Choice of Juice Milk	<b>22 Chicken Nuggets</b> Regular or Honey Sriracha Pretzel Rod Romaine Salad w/Dressing Flavored Applesauce Milk
<b>25 Chicken &amp; Noodles</b> over Mashed Potatoes Romaine Salad w/Craisins Dinner Roll Holiday Cookie Milk	<b>26 Cook's Choice</b> Hot Vegetable Choice of Fruit Milk	<b>27 No School</b>	<b>28 No School</b> Happy Thanksgiving	<b>29 No School</b>

### News

Bulldog Express Hours  
10:15-1:00 Daily

**Breakfast FREE**

**Reduced 0.00**

**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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