

OCTOBER | 2024



Heath High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30 BBQ Rib Sandwich w/Sauce Curly Fries Cole Slaw Warm Cinnamon Apples Milk	1 Chicken Nuggets Pretzel Rod Romaine Salad w/Dressing Cucumbers Applesauce Milk	2 Deep Dish Pizza Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Fresh Fruit Milk	3 Italian Pasta w/Meat Sauce or Alfredo Sauce Bread Stick Romaine Salad w/Dressing Sliced Pears Milk	4 Hot Dog on Bun Coney Sauce Baked Beans Pineapple Chunks Cupcake Milk
7 Grilled Chicken on Pita Bread w/Tzatziki Sauce Shredded Lettuce Onions & Tomatoes Baked Fries Fruit Cup & Milk	8 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	9 Pizza Hut Cheese or Pepperoni Romaine Salad w/Dressing Garbanzo Beans Fresh Fruit Salad Milk	10 Bosco Sticks w/Sauce Romaine Salad w/Dressing Zucchini Fries Peaches Milk	11 Cooks Choice Romaine Salad w/Dressing Fresh Fruit Milk
14 Italian Calzone Marinara Cup Romaine Salad w/Dressing Sliced Cucumbers Sliced Pears Milk	15 Chicken Tender Wrap Regular or Spicy Chicken Tenders on a Tortilla Steamed Corn Diced Tomatoes, Shredded Lettuce, Shredded Cheese Mixed Fruit & Milk	16 4 x 6 Pizza Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Fresh Fruit Milk	17 Brunch for Lunch Biscuits & Sausage Gravy Sausage Patty Tator Tots Carrot Sticks Choice of Juice Milk	18 Cooks Choice Romaine Salad w/Dressing Fruit Cup Milk
21 Chicken & Waffles Regular or Spicy Baked Fries Celery Sticks Chilled Peaches Milk	22 Chicken Tender Wrap Regular or Spicy Chicken Tenders on a Tortilla Diced Tomatoes, Shredded Lettuce, Shredded Cheese Mixed Fruit Milk	23 Jets Pizza Cheese or Pepperoni Romaine Salad w/Dressing Sweet Potato Fries Fresh Fruit Milk	24 Tomato Soup & Grilled Cheese Sandwich Romaine Salad w/Dressing Choice of Fruit Cupcake Milk	25 Cooks Choice Romaine Salad w/Dressing Fresh Fruit Milk
28 Breaded Chicken Patty Sandwich Regular or Spicy Baked Fries Pineapple Chunks Milk	29 Popcorn Chicken Mashed Potato Bowl w/Gravy Golden Corn Chilled Peaches Milk	30 Fiestada Pizza Refried Beans Shredded Lettuce Diced Tomatoes Sour Cream & Salsa Mixed Fruit Milk	31 Spaghetti w/Meatballs Marinara Sauce Garlic Bread Steamed Green Beans Sidekick Icee Milk	1 Cooks Choice Romaine Salad w/Dressing Choice of Fresh Fruit Milk

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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