

SEPTEMBER | 2023

Heath High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Corn Dog on a Stick Mac & Cheese Steamed Peas Fruit Cup Chocolate or Vanilla Pudding Milk	29 Chicken & Waffles Regular or Spicy Baked Fries Carrot Sticks Chilled Peaches Milk	30 Pizza Hut Cheese or Pepperoni Romaine Salad w/Dressing Fresh Broccoli Fresh Fruit Milk	31 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	1 Meatball Sub w/Marinara Sauce Mozzarella Cheese Mushrooms Carrot Sticks Diced Pears Milk
4 No School Labor Day	5 Gyros on Pita Bread w/Tzatziki Sauce Shredded Lettuce Onions & Tomatoes Baked Fries Fruit Cup Milk	6 French Bread Pizza Cheese or Pepperoni Romaine Salad w/Dressing Fresh Cauliflower Fresh Fruit Milk	7 Rotini Pasta w/Meatballs Garlic Bread Steamed Green Beans Sliced Peaches Milk	8 Chicken Drumsticks Garlic Herb Potatoes California Blend Veggies Applesauce Milk
11 Popcorn Chicken Mashed Potato Bowl w/Gravy Golden Corn Romaine Salad w/Dressing Choice of Fruit Milk	12 Hot Dog on Bun Coney Sauce Baked Beans Pineapple Chunks Cupcake Milk	13 Dominos Pizza Cheese or Pepperoni Romaine Salad w/Dressing Sliced Cucumbers Fresh Fruit Milk	14 Brunch for Lunch Breakfast Pizza Tator Tots Carrot Sticks Choice of Juice Milk	15 Chicken Tender Wrap Regular or Spicy Chicken Tenders on a Tortilla Diced Tomatoes, Shredded Lettuce, Shredded Cheese Mixed Fruit Milk
18 BBQ Rib Sandwich w/Sauce Curly Fries Cole Slaw Cinnamon Applesauce Milk	19 Nacho Bar Taco Meat, Chips, Queso Blanco Sauce, Nacho Cheese Sauce, Refried Beans, Shredded Lettuce, Salsa, Sour Cream, Jalapenos Fruit Cup & Milk	20 Pizza Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Fresh Fruit Milk	21 Throw Back Thursday Rex's Dino Nuggets Mr. Potato Head Tots Woody's Round Up Fruit Cup There's a Snake in my Boot Gummy Worms Star Command Milk	22 Breaded Chicken Patty Sandwich Regular or Spicy Onion Rings Diced Pears Milk
25 Bosco Sticks w/Sauce Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Peaches Milk	26 General Tso Chicken Steamed Rice Mixed Vegetables Water Chestnuts Mandarin Oranges Fortune Cookie Milk	27 Jets Pizza Cheese or Pepperoni Romaine Salad w/Dressing Garbanzo Beans Fresh Fruit Milk	28 Biscuits & Sausage Gravy Tator Tots Carrot Sticks Choice of Juice Milk	29 Pulled Pork Sandwich Corn on the Cob Cole Slaw Warm Cinnamon Apples Milk

News

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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;
 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