

# SEPTEMBER | 2024

## Heath High School



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>2</b> No School  Labor Day	<b>3</b> Popcorn Chicken Mashed Potato Bowl w/Gravy Golden Corn Chilled Peaches Milk	<b>4</b> Stuffed Crust Pizza Cheese or Pepperoni Romaine Salad w/Dressing Garbanzo Beans Fresh Fruit Milk	<b>5</b> Brunch for Lunch Breakfast Pizza Tater Tots Carrot Sticks Choice of Juice Milk	<b>6</b> Italian Calzone Marinara Cup Romaine Salad w/Dressing Cherry Tomatoes Pears Milk
<b>9</b> Sloppy Joe on Bun Onion Rings Baked Beans Applesauce Milk	<b>10</b> Chicken Tender Wrap Regular or Spicy Chicken Tenders on a Tortilla Diced Tomatoes, Shredded Lettuce, Shredded Cheese Mixed Fruit Milk	<b>11</b> Jets Pizza Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Fresh Fruit Milk	<b>12</b> Gyros on Pita Bread w/Tzatziki Sauce Shredded Lettuce Onions & Tomatoes Baked Fries Fruit Cup Milk	<b>13</b> Breaded Chicken Patty Sandwich Regular or Spicy Baked Fries Pineapple Chunks Milk
<b>16</b> Chicken Drumsticks Garlic Herb Potatoes California Blend Veggies Applesauce Milk	<b>17</b> Nacho Bar Taco Meat, Chips, Queso Blanco Sauce, Nacho Cheese Sauce, Refried Beans, Shredded Lettuce, Salsa, Sour Cream, Jalapenos Fruit Cup & Milk	<b>18</b> French Bread Pizza Cheese or Pepperoni Romaine Salad w/Dressing Zucchini Fries Fresh Fruit Salad Milk	<b>19</b> Throw Back Thursday Zoo Crew Nuggets Smiley Potatoes Flavored Applesauce Cup Fruit Roll Up Milk	<b>20</b>  No School  Professional Development
<b>23</b> Bosco Sticks w/Sauce Romaine Salad w/Dressing Cherry Tomatoes Peaches Milk	<b>24</b> General Tso Chicken Steamed Rice Mixed Vegetables Water Chestnuts Mandarin Oranges Fortune Cookie Milk	<b>25</b> Dominos Pizza Cheese or Pepperoni Romaine Salad w/Dressing Sliced Cucumbers Fresh Fruit Milk	<b>26</b> Brunch for Lunch French Toast Sticks w/Syrup Sausage Patties Tator Tots Carrot Sticks Choice of Juice Milk	<b>27</b> Quesadilla Corn & Black Bean Salsa Shredded Lettuce Sour Cream Fruit Cup Milk
<b>30</b> BBQ Rib Sandwich w/Sauce Curly Fries Cole Slaw Warm Cinnamon Apples Milk	<b>1</b> Chicken Nuggets Pretzel Rod Romaine Salad w/Dressing Cucumbers Applesauce Milk	<b>2</b> Deep Dish Pizza Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Fresh Fruit Milk	<b>3</b> Italian Pasta w/Meat Sauce or Alfredo Sauce Bread Stick Romaine Salad w/Dressing Sliced Pears Milk	<b>4</b> Hot Dog on Bun Coney Sauce Baked Beans Pineapple Chunks Cupcake 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 Unrustable  
 Hummus w/Pretzel Chips

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