

HEATH MIDDLE SCHOOL 2021-2022 Lunch Menu

MENU #1	MONDAY	Chicken & Waffles w/Sauce Regular or Spicy Carrot Sticks Flavored Applesauce Cup Milk	TUESDAY	Chargrilled Cheeseburger or Hamburger on Bun Shredded Lettuce, Pickles Curly Fries Chilled Pineapple Milk	WEDNESDAY	Specialty Pizza Day Cheese or Pepperoni Romaine Salad w/Dressing Sliced Cucumbers Fresh Fruit Milk	THURSDAY	Taco Bar Taco or Chicken Fajita Meat on a Tortilla or Chips Refried Beans, Shredded Lettuce, Shredded Cheese, Salsa, Sour Cream Sidekick Icee & Milk	FRIDAY	Stromboli w/Sauce Romaine Salad w/Dressing Fresh Cauliflower Choice of Fruit Friday Treat Milk
	MONDAY	Breaded Chicken Patty Sandwich on Bun Regular or Spicy Baked Fries Chilled Pears Milk	TUESDAY	Mac & Cheese Jumbo Pretzel Steamed Peas Carrot Sticks Fresh Fruit Milk	WEDNESDAY	Personal Pan Pizza Cheese or Pepperoni Romaine Salad w/Dressing Garbanzo Beans Fresh Fruit Milk	THURSDAY	Brunch for Lunch Powdered Funnel Cakes or French Toast Sticks Sausage Patties Crispy Tator Tots Choice of Juice & Milk	FRIDAY	Bosco Sticks Cheese or Pepperoni w/Marinara Sauce Romaine Salad w/Dressing Fruit Cup Friday Treat & Milk
	MONDAY	Boneless Chicken Wings w/Sauce Waffle Fries Celery Sticks Chilled Peaches Milk	TUESDAY	Bacon Cheeseburger or Hamburger on Bun Shredded Lettuce, Pickles Tomatoes Mixed Fruit Potato Chips Milk	WEDNESDAY	Specialty Pizza Day Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Fresh Fruit Milk	THURSDAY	Taco Bar Taco or Chicken Fajita Meat in a Tortilla Bowl or Chips Rice, Black Beans, Shredded Lettuce, Shredded Cheese, Salsa, Sour Cream Sidekick Icee & Milk	FRIDAY	Italian Calzone w/Sauce Romaine Salad w/Dressing Green Beans Choice of Fruit Friday Treat Milk
	MONDAY	Popcorn Chicken w/General Tso Sauce Steamed Rice Mixed Vegetables Mandarin Oranges Fortune Cookie Milk	TUESDAY	Mini Corn Dogs or Corn Dog on a Stick Mac & Cheese Romaine Salad w/Dressing Chilled Fruit Milk	WEDNESDAY	Bosco Sticks Cheese or Pepperoni w/Marinara Sauce Romaine Salad w/Dressing Garbanzo Beans Fruit Cup Milk	THURSDAY	Chicken & Waffles w/Sauce Regular or Spicy Curly Fries Choice of Fruit Milk	FRIDAY	Chicken Chunks w/Sauce Pretzel Rod Steamed Broccoli Carrot Sticks Choice of Fruit Friday Treat Milk
	MONDAY	Popcorn Chicken Mashed Potato Bowl w/Gravy Buttered Corn Chilled Fruit Cup Milk	TUESDAY	Picnic Day Hot Dog or Hamburger on Bun Shredded Lettuce, Tomatoes, Pickles Baked Beans Applesauce Cup & Milk	WEDNESDAY	Kid's Choice Hot or Cold Vegetable Choice of Fruit Special Treat Milk	THURSDAY	Grilled Cheese Sandwich & Tomato Soup Romaine Salad w/Dressing Cherry Tomatoes Choice of Fruit Milk	FRIDAY	Cheese or Pepperoni Pizza Romaine Salad w/Dressing Cherry Tomatoes Fresh Fruit Friday Treat Milk



PRICES:

Lunch	\$2.85
Reduced Lunches	\$.40
Ala Carte Entrée	\$2.35
Milk	\$.50
Breakfast	\$1.50
Reduced Breakfast	\$.30

DAILY ALTERNATIVE LUNCHES:

- Fresh Salad Bar
- Yogurt Parfait
- PB&J Uncrustable
- Yogurt Pack w/Cheese Stick & Banana Bread

BREAKFAST MENU	
MON	Cereal Bar or Cereal Bowl Fruit & Milk
TUES	Mini Pancakes or Cini Minis Fruit & Milk
WED	Otis Spunkmeyer Muffin or Banana Bread Fruit & Milk
THURS	Honey Bun Fruit & Milk
FRI	Mini Donuts (Chocolate or Powdered) Fruit & Milk

To receive Low Balance Alerts, make prepayments or to check on your child's account, please use myschoolbucks.com.

No charging allowed

Menu is subject to change

Follow the menu with its calendar day. Each week is represented by a color and represents a 5-week cycle menu.

This Institution is an equal opportunity provider.

AUGUST 2021	SEPTEMBER 2021	OCTOBER 2021	NOVEMBER 2021	DECEMBER 2021	JANUARY 2022	FEBRUARY 2022	MARCH 2022	APRIL 2022	MAY 2022
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7	1 2 3 4	1 2	1 2 3 4 5 6	1 2 3 4	2 3 4 5 6 7 8	1 2 3 4 5	1 2 3 4 5	1 2	1 2 3 4 5 6 7
8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11	9 10 11 12 13 14 15	6 7 8 9 10 11 12	6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14
15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18	16 17 18 19 20 21 22	13 14 15 16 17 18 19	13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21
22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25	23 24 25 26 27 28 29	20 21 22 23 24 25 26	20 21 22 23 24 25 26	17 18 19 20 21 22 23	22 23 24 25 26 27 28
29 30 31	26 27 28 29 30	31 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31	30 31	27 28	27 28 29 30 31	24 25 26 27 28 29 30	29 30 31