



HEATH MIDDLE SCHOOL 2022-2023 Lunch Menu



MENU #1

MONDAY Boneless Chicken Wings w/Sauce Baked Fries Celery Sticks Chilled Pears Milk	TUESDAY Italian Pasta w/Meat Sauce Garlic Toast Steamed Broccoli Diced Peaches Milk 	WEDNESDAY Specialty Pizza Day Cheese or Pepperoni Romaine Salad w/Dressing Carrot Sticks Fresh Fruit Milk	THURSDAY Cheeseburger or Hamburger on Bun Shredded Lettuce, Pickles Baked Beans Chilled Pineapple Milk	FRIDAY Breaded Chicken Patty Sandwich on Bun Regular or Spicy Baked Fries Fruit Cup Friday Treat/Milk
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MENU #2

MONDAY Chicken & Waffles w/Sauce Regular or Spicy Carrot Sticks Flavored Applesauce Milk 	TUESDAY Taco Bar Taco or Chicken Fajita Meat in a Tortilla Bowl or Chips Rice, Black Beans Shredded Lettuce Shredder Cheese, Salsa Sour Cream Sidekick Icee & Milk	WEDNESDAY Pizza Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Fresh Fruit Salad Milk	THURSDAY Brunch for Lunch French Toast Sticks Sausage Hashbrown Choice of Juice Milk 	FRIDAY Italian Calzone w/Sauce Romaine Salad w/Dressing Green Beans Choice of Fruit Friday Treat Milk
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MENU #3

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 Garbanzo Beans Chilled Fruit Milk	WEDNESDAY Specialty Pizza Day Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Fresh Fruit Salad Milk	THURSDAY Chicken Chunks w/Sauce Baked Fries Celery Sticks Pineapple Tidbits Milk 	FRIDAY Bosco Sticks Cheese or Pepperoni w/Marinara Sauce Romaine Salad w/Dressing Fruit Cup Friday Treat Milk
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MENU #4

MONDAY Popcorn Chicken Mashed Potato Bowl w/Gravy Buttered Corn Chilled Fruit Cup Milk 	TUESDAY Taco Bar Taco or Chicken Fajita Meat on a Tortilla or Chips Refried Beans Shredded Lettuce Shredder Cheese, Salsa Sour Cream Mixed Fruit Cup & Milk	WEDNESDAY Pizza Cheese or Pepperoni Romaine Salad w/Dressing Cherry Tomatoes Fresh Fruit Milk	THURSDAY Grilled Cheese Sandwich or Hot Dog on Bun Tomato Soup Romaine Salad w/Dressing Choice of Fruit Milk	FRIDAY Mac & Cheese Jumbo Pretzel Steamed Peas Flavored Applesauce Friday Treat Milk
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BREAKFAST MENU

MON	Cereal Bar or Cereal Bowl Fruit & Milk
TUES	Mini Pancakes or Cini Minis Fruit & Milk
WED	Muffin or Banana Bread Fruit & Milk
THURS	Honey Bun Fruit & Milk
FRI	Mini Donuts Fruit & 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

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 4-week cycle menu.

This Institution is an equal opportunity provider.

