

# FEBRUARY

## HERITAGE ACADEMY SAN ANTONIO

Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
				RANCH TURKEY BURGER Hamburger Bun ^ Romaine Lettuce Cucumbers Fat Free Ranch Dressing Blended Fruit Juice Mustard Ketchup Choice of Milk
February 4, 2019	February 5, 2019	February 6, 2019	February 7, 2019	February 8, 2019
PANCAKES & SAUSAGE ^ Potato Rounds SunSet Sip Juice Diced Peaches Syrup Ketchup Choice of Milk	CHEESE PIZZA ^ Green Beans Applesauce Cup Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Orange Juice Mustard Ketchup (2) Choice of Milk	CHICKEN DIPPERS ^ Marinara Dipping Sauce Fresh Broccoli Fat Free Ranch Dressing Mixed Fruit Cup Choice of Milk	SALISBURY STEAK W/GRAVY & MASHED POTATOES Sliced Bread ^ (2) Mixed Vegetables Fresh Pear Choice of Milk
February 11, 2019	February 12, 2019	February 13, 2019	February 14, 2019	February 15, 2019
PEPPERONI PIZZA ^ Green Beans Apple-Cranberry Juice Choice of Milk	BEAN & CHEESE BURRITO ^ Salsa Cup Corn Mixed Fruit Cup Choice of Milk	CHICKEN NUGGETS WITH POTATO ROUNDS ^ Fiesta Beans Blended Fruit Juice BBQ Sauce Ketchup Choice of Milk	MAC & CHEESE ^ Romaine Lettuce Cucumbers Light Ranch Dressing Sliced Apples Choice of Milk	SLOPPY JOE Hamburger Bun ^ Mixed Vegetables Fresh Orange Choice of Milk
February 18, 2019	February 19, 2019	February 20, 2019	February 21, 2019	February 22, 2019
NO SCHOOL	CHICKEN TENDERS WITH POTATO WEDGES ^ Maple Baked Beans Applesauce Cup BBQ Sauce Ketchup Choice of Milk	CHARBROILED HAMBURGER Hamburger Bun ^ French Fries Fresh Baby Carrots Light Ranch Dressing Fresh Pear Mustard Ketchup Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Tropical Veggie Juice Diced Peaches Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Pickle Chips Romaine Lettuce Light Ranch Dressing Fresh Banana BBQ Sauce Choice of Milk
February 25, 2019	February 26, 2019	February 27, 2019	February 28, 2019	March 1, 2019
CORN DOG ON A STICK^ Corn Grape Juice Mustard Ketchup Choice of Milk	TOASTY TUESDAY** 3 CHEESE PANINI ^ Tomato Soup^ Pickle Chips Mixed Fruit Cup Choice of Milk	BBQ CHICKEN Hamburger Bun ^ Maple Baked Beans Fresh Orange Choice of Milk	CHILI Corn Muffin ^ French Fries Sliced Apples Ketchup Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

[www.preferredmeals.com](http://www.preferredmeals.com)

