

SEPTEMBER

HERITAGE ACADEMY SAN ANTONIO

Monday	Tuesday	Wednesday	Thursday	Friday
September 2, 2019	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
NO SCHOOL	PANCAKES & SAUSAGE ^ Tropical Veggie Juice Applesauce Cup Syrup Choice of Milk	PEPPERONI PIZZA ^ Romaine Lettuce Light Ranch Dressing Orange Juice Choice of Milk	MINI CORN DOGS ^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Fresh Pear Mustard Ketchup Choice of Milk	Fresh Banana Choice of Milk ITALIAN CHICKEN PARMESAN ^ Hamburger Bun ^ Diced Carrots
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ Green Beans Applesauce Cup Choice of Milk	BAGEL DOG ^ Mixed Vegetables Diced Peas Mustard Ketchup Choice of Milk	CHICKEN TACO Tortilla Chips ^ Fiesta Beans Fresh Banana Choice of Milk	MEATBALL SUB Hot Dog Bun ^ Potato Rounds Diced Peaches Ketchup Choice of Milk	TERIYAKI CHICKEN PATTY Hamburger Bun ^ Romaine Lettuce Fresh Baby Carrots Light Ranch Dressing Orange Juice Choice of Milk
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
CHEESE PIZZA ^ Mixed Vegetables Orange Juice Choice of Milk	BBQ CHICKEN Hamburger Bun ^ Maple Baked Beans Diced Peas Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Romaine Lettuce Light Ranch Dressing Fresh Banana Mustard Ketchup Choice of Milk	Honey Mustard Cup Choice of Milk CHICKEN NUGGETS ^ Country Blend Vegetables Sliced Apples	CHEESEBURGER Hamburger Bun ^ French Fries Diced Peaches Mustard Ketchup Choice of Milk
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
POPCORN CHICKEN ^ Corn Mixed Fruit Cup BBQ Sauce Choice of Milk	RANCH TURKEY BURGER Hamburger Bun ^ Golden Potato Rounds Orange Juice Ketchup Chipotle Ranch Choice of Milk	MACARONI & CHEESE Fresh Broccoli Fresh Baby Carrots Light Ranch Dressing Fresh Banana Choice of Milk	SLOPPY JOE Hamburger Bun ^ Maple Baked Beans Applesauce Cup Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Fresh Pear Choice of Milk
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
CHICKEN STRIPS W/SWEET POTATO FRIES ^ Mixed Vegetables Orange Juice BBQ Sauce 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.