

SEPTEMBER

LUNCH



HERITAGE ACADEMY SAN ANTONIO

Monday	Tuesday	Wednesday	Thursday	Friday
August 31, 2020	September 1, 2020	September 2, 2020	September 3, 2020	September 4, 2020
	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	ITALIAN CHICKEN PARMESAN ^ Hamburger Bun ^ Diced Carrots Fresh Banana Choice of Milk
September 7, 2020	September 8, 2020	September 9, 2020	September 10, 2020	September 11, 2020
	BAGEL DOG ^ Mixed Vegetables Diced Pears 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 14, 2020	September 15, 2020	September 16, 2020	September 17, 2020	September 18, 2020
CHEESE PIZZA Mixed Vegetables Orange Juice Choice of Milk	BBQ CHICKEN Hamburger Bun ^ Maple Baked Beans Diced Pears Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Romaine Lettuce Light Ranch Dressing Fresh Banana Mustard Ketchup Choice of Milk	CHICKEN NUGGETS ^ Country Blend Vegetables Sliced Apples Honey Mustard Cup Choice of Milk	CHEESEBURGER Hamburger Bun ^ French Fries Diced Peaches Mustard Ketchup Choice of Milk
September 21, 2020	September 22, 2020	September 23, 2020	September 24, 2020	September 25, 2020
POPCORN CHICKEN ^ Corn Mixed Fruit Cup BBQ Sauce Choice of Milk Raspberry Yogurt WHITE CHEDDAR POPCORN Pretzels Flamin Hot Puffs Nacho Cheese Doritos Chocolate Pudding Cup Rice Krispie Treat Fruit Punch MEALTIME 5 DAY PACK	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 28, 2020	September 29, 2020	September 30, 2020	October 1, 2020	October 2, 2020
CHICKEN STRIPS W/SWEET POTATO FRIES ^ Mixed Vegetables Orange Juice BBQ Sauce Ketchup Choice of Milk	RIB-B-QUE Hamburger Bun ^ French Fries Diced Peaches Ketchup Choice of Milk	MEATLOAF PANINI ^ Celery Sticks Light Ranch Dressing Corn Diced Pears 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.

Find your school's menus online at: preferredmealsmenu.com

