

OCTOBER BREAKFAST

HERITAGE ACADEMY SAN ANTONIO

Monday	Tuesday	Wednesday	Thursday	Friday
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
				FRUITY CHEERIOS [^] Strawberry Pancake Square [^] Fresh Apple Choice of Milk
October 4, 2021	October 5, 2021	October 6, 2021	October 7, 2021	October 8, 2021
FROSTED CORN FLAKES [^] Apple Bar [^] Craisins Orange Juice Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN [^] Pineapple Tidbits Grape Juice Grape Jelly Choice of Milk	RICE CHEX [^] Graham Crackers [^] Fresh Apple Choice of Milk	PILLSBURY GRAPE CRESCENT [^] Fresh Banana Blended Fruit Juice Choice of Milk	BLUEBERRY MINI MUFFIN [^] Mozzarella Cheese Stick Fresh Apple Choice of Milk
October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021
FRUITY CHEERIOS [^] Maple Breakfast Square [^] Craisins Blended Fruit Juice Choice of Milk	BEEF SAUSAGE SLIDER [^] Diced Pears Apple-Cranberry Juice Grape Jelly Choice of Milk	BANANA MINI MUFFIN [^] Mozzarella Cheese Stick Fresh Apple Choice of Milk	CHICKEN BISCUIT [^] Fresh Banana Grape Juice Honey Choice of Milk	CINNAMON TOAST CRUNCH [^] Vanilla Waffle Square [^] Fresh Apple Choice of Milk
October 18, 2021	October 19, 2021	October 20, 2021	October 21, 2021	October 22, 2021
RICE CHEX [^] Strawberry Pancake Square [^] Craisins Apple-Cranberry Juice Choice of Milk	CHERRY FRUDEL [^] Diced Peaches Blended Fruit Juice Choice of Milk	DOUBLE CHOCOLATE MINI MUFFIN [^] Mozzarella Cheese Stick Fresh Apple Choice of Milk	FRENCH TOAST STICKS [^] Fresh Banana Orange Juice Syrup Choice of Milk	STRAWBERRY YOGURT Granola [^] Fresh Apple Choice of Milk
October 25, 2021	October 26, 2021	October 27, 2021	October 28, 2021	October 29, 2021
APPLE CINNAMON CHEERIOS [^] Graham Crackers [^] Craisins Orange Juice Choice of Milk	WAFFLES [^] Mixed Fruit Cup Apple-Cranberry Juice Syrup Choice of Milk	TRIX [^] Maple Breakfast Square [^] Fresh Apple Choice of Milk	EGG & CHEESE ON ENGLISH MUFFIN [^] Fresh Banana Blended Fruit Juice Grape Jelly Choice of Milk	CHERRY BREAKFAST BAR [^] Mozzarella Cheese Stick Fresh Apple 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

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.nscs.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington D.C. 20250-9410, by fax (202)690-7442 or email program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339 or (800)845-6136 (Spanish). USDA is an equal opportunity provider and employer.