

OCTOBER LUNCH

HERITAGE ACADEMY SAN ANTONIO

Monday	Tuesday	Wednesday	Thursday	Friday
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
				NEW ITEM CHEESY MEATBALL MAC Fresh Broccoli Ranch Dressing Fresh Banana Choice of Milk
October 4, 2021	October 5, 2021	October 6, 2021	October 7, 2021	October 8, 2021
GALAXY CHEESE PIZZA ^ Broccoli Diced Pears Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Mixed Vegetables Orange Juice BBQ Sauce Choice of Milk	GRILLED CHEESE PANINI ^ Potato Wedges Diced Peaches Ketchup Choice of Milk	CHEESEBURGER Hamburger Bun ^ Baked Beans SunSet Sip Juice Sliced Apples Mustard Ketchup Choice of Milk	TURKEY & CHEESE ON A BUN ^ Country Blend Vegetables Fresh Banana Light Mayonnaise Choice of Milk
October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021
PIZZA DIPPERS ^ Marinara Dipping Sauce SunSet Sip Juice Applesauce Choice of Milk	CRUNCHY CHICKEN TENDERS ^ Corn Diced Pears BBQ Sauce Choice of Milk	*GLOBAL BITES* MOROCCAN MEATBALLS W/PEARL COUSCOUS Broccoli Fresh Banana Vanilla Cookie ^ Choice of Milk	HOT DOG WITH POTATO ROUNDS Hot Dog Bun ^ Baked Beans Orange Juice Mustard Ketchup Choice of Milk	GENERAL TSO'S CHICKEN & NOODLES ^ Mixed Vegetables Diced Peaches Choice of Milk
October 18, 2021	October 19, 2021	October 20, 2021	October 21, 2021	October 22, 2021
MAC & CHEESE ^ Country Blend Vegetables Diced Pears Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Broccoli Diced Peaches BBQ Sauce Choice of Milk	HERO SANDWICH ^ Potato Wedges Orange Juice Mustard Ketchup Choice of Milk	CHEESY TACO MEAT Tortilla Rounds ^ Salsa Cup Corn Sliced Apples Choice of Milk	CHARBROILED HAMBURGER Hamburger Bun ^ Baked Beans SunSet Sip Juice Fresh Banana Mustard Ketchup Choice of Milk
October 25, 2021	October 26, 2021	October 27, 2021	October 28, 2021	October 29, 2021
PIZZA DIPPERS ^ Marinara Dipping Sauce Tropical Veggie Juice Applesauce Choice of Milk	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^ Orange Juice Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY Hamburger Bun ^ Mashed Potatoes SunSet Sip Juice Fresh Banana Choice of Milk	CHICKEN NUGGETS ^ Broccoli Diced Peaches Vanilla Cookie ^ BBQ Sauce Choice of Milk	MEATBALL SUB Hot Dog Bun ^ Baked Beans Diced Pears 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.

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