January 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---|---|---|----------|
| | HERITAGE | | Happy Town Year! | 2 Breakfast: Whole wheat waffles Lunch: Whole wheat turkey lasagna, green beans & pears Snack: Cheese sticks | 3 Breakfast: French toast sticks Lunch: Chicken & dumplings, mixed veggies & oranges Snack: Animal crackers | 4 |
| 5 | 6 Breakfast: Cheese grits & sausage Lunch: Whole wheat chicken alfredo, broccoli & apple slices Snack: Jell-o | 7 Breakfast: English muffins Lunch: Chicken quesadilla, black beans & rice & oranges Snack: Yogurt | 8 Breakfast: Hash browns & turkey bacon Lunch: Whole wheat turkey & cheese roll-up, peas & carrots & peaches Snack: Cheese Crackers | 9 Breakfast: Blueberry waffles Lunch: Whole wheat baked spaghetti, green beans & applesauce Snack: Pudding | 10 Breakfast: Muffins Lunch: Pizza, mixed veggies & pears Snack: Vanilla wafers | 11 |
| 12 | 13 Breakfast: Pancakes Lunch: Whole wheat lasagna, field peas & pears Snack: Whole grain goldfish | 14 Breakfast: Turkey sausage & biscuits Lunch: Pizza, mixed veggies & peaches Snack: Vanilla wafers | 15 Breakfast: Blueberry waffles Lunch: Tostados, corn & apple slices Snack: Cheese crackers | 16 Breakfast: Omelets & turkey bacon Lunch: Whole wheat beefy mac, green beans & oranges Snack: Jello | 17 Breakfast: Whole grain cereal Lunch: Chicken nuggets, sweet potato fries & applesauce Snack: Chex mix | 18 |
| 19 | Martin Luther King Jr. Day | 21 Breakfast: Bagels Lunch: Chicken quesadilla, black beans & rice & peaches Snack: Yogurt | 22 Breakfast: Muffins Lunch: Chicken & rice casserole, green beans & applesauce Snack: Cheese crackers | 23 Breakfast: Blueberry waffles Lunch: Loaded mashed potatoes, peas & carrots & oranges Snack: Whole grain goldfish | 24 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice | 25 |
| 26 | 27 Breakfast: Omelet & turkey sausage Lunch: Whole wheat turkey & cheese sandwich, carrots & applesauce Snack: Cheese-its | 28 Breakfast: Pancakes Lunch: Swedish meatballs & whole wheat noodles, field peas & peaches Snack: Graham crackers | 29 Breakfast : Bagels Lunch : Whole wheat beefy mac, green beans & oranges Snack : Whole grain goldfish | 30 Breakfast: Blueberry waffles Lunch: Chicken taquitos, corn & pears Snack: Yogurt | 31 Breakfast: French toast sticks Lunch: Pizza, mixed veggies & apple slices Snack: Animal crackers | |

February 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---|--|--|----------|
| | | | HERITAGEPRESCHOOLS. | | | 1 |
| 2 | 3 Breakfast: Bagels Lunch: Whole wheat chicken alfredo, green beans & pears Snack: Raisins | 4 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Chicken taquitos, corn & applesauce Snack: Animal crackers | 5 Breakfast: French toast sticks Lunch: Pizza, peas & carrots & peaches Snack: Pretzels | 6 Breakfast: Hash brown casserole Lunch: Whole wheat turkey sandwich, carrots & oranges Snack: Cheese-its | 7 Breakfast: Blueberry muffins Lunch: Chicken tenders, sweet potato fries & bananas Snack: Cheese crackers | 8 |
| 9 | 10 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & pears Snack: Whole grain goldfish | 11 Breakfast: Cheese omelets Lunch: Chicken quesadillas, black beans & oranges Snack: Graham crackers | 12 Breakfast : Whole wheat waffles Lunch : Pizza sticks, mixed veggies & applesauce Snack : Jell-o | 13 Breakfast: Bagels Lunch: Mini cheeseburger sliders, carrots & peaches Snack: Chex mix | 14 Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, field peas & apple slices Snack: Cheese-its | 15 |
| 16 | * HAPPY * PRESIDENTS * DAY! * | 18 Breakfast: Pancakes Lunch: Whole wheat spaghetti, green beans & pears Snack: Pudding | 19 Breakfast: Hash brown casserole Lunch: Pizza, sweet potato fries & peaches Snack: Cheese crackers | 20 Breakfast: French Toast Lunch: Whole wheat chicken alfredo, broccoli & oranges Snack: Graham crackers | 21 Breakfast: Blueberry Muffins Lunch: Beef burrito, peas & applesauce Snack: Chex mix | 22 |
| 23 | 24 Breakfast: Pancakes Lunch: Whole wheat beefy mac, green beans & oranges Snack: Pudding | 25 Breakfast: Cheese toast & turkey sausage Lunch: Whole wheat hot turkey & cheese, peas & peaches Snack: Vanilla wafers | 26 Breakfast: Waffles Lunch: Pizza sticks, steamed broccoli & pears Snack: Whole grain goldfish | 27 Breakfast: Cheese omelets Lunch: Chicken quesadillas, black beans & apple slices Snack: Graham crackers | 28 Breakfast: Chefs' choice Lunch: Chef's choice Snack: Chef's choice | |

March 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|---|--|----------|
| 2 | 3 Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & peaches Snack: Applesauce | 4 Breakfast: Hash brown casserole Lunch: Mini cheeseburger sliders, carrots & pears Snack: Chex mix | 5 Breakfast: French toast sticks Lunch: Pizza, field peas & bananas Snack: Goldfish | 6 Breakfast: Bagels Lunch: Chicken nuggets, green beans & oranges Snack: Graham crackers | 7 Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, carrots & applesauce Snack: Vanilla wafers | 8 |
| 9 | 10 Breakfast: Pancakes Lunch: Whole wheat beefy mac, green beans & oranges Snack: Applesauce | 11 Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & peaches Snack: Graham crackers | 12 Breakfast: French toast sticks Lunch: Pizza sticks, peas & apple slices Snack: Cheese crackers | Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Whole wheat spaghetti, corn & pears Snack: Whole grain goldfish | 14 Breakfast: Blueberry muffins Lunch: Chicken tenders, sweet potato fries & applesauce Snack: Yogurt | 15 |
| 16 | 17 Breakfast: Cheese omelets Lunch: Whole wheat chicken broccoli mac & cheese & peaches Snack: Graham crackers | 18 Breakfast: Blueberry waffles Lunch: Chicken taquitos, corn & pears Snack: Whole grain goldfish | 19 Breakfast: Hash brown casserole Lunch: Pizza, carrots & applesauce Snack: Cheese crackers | 20 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef quesadillas, peas & oranges Snack: Vanilla wafers | Breakfast: Whole grain cereal Lunch: Turkey & cheese wrap, green beans, apple slices Snack: Pudding | 22 |
| 23 | 24 Breakfast: Whole grain cereal Lunch: Whole wheat beefy mac, green beans & pears Snack: Chex mix | 25 Breakfast : Cheese omelets Lunch : Tomato soup, whole wheat grilled cheese & peaches Snack : Jell-o | 26 Breakfast: Waffles Lunch: Pizza sticks, sweet potato fries & oranges Snack: Whole grain goldfish | 27 Breakfast: Bagels Lunch: Whole wheat turkey sandwich, carrots & apple slices Snack: Graham crackers | 28 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice | 29 |
| 30 | 31 Breakfast: Cheese omelets Lunch: Whole wheat chicken broccoli mac & cheese & peaches Snack: Graham crackers | | HERITAGE PRESCHOOLS. | | | |

April 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|--|--|----------|
| | 31 Breakfast: Cheese omelets Lunch: Whole wheat chicken broccoli mac & cheese & apple slices Snack: Graham crackers | 1 Breakfast: Bagels Lunch: Chicken tenders, sweet potato fries & oranges Snack: Whole grain goldfish | 2 Breakfast : Blueberry muffins Lunch : Whole wheat hot ham & cheese, peas & carrots & pears Snack : Vanilla wafers | 3 Breakfast: Biscuits & turkey bacon Lunch: Pizza sticks, field peas & peaches Snack: Cheese-its | 4 Breakfast: Whole grain cereal Lunch: Beef burrito, corn & applesauce Snack: Jell-o | 5 |
| 6 | 7 Breakfast: Biscuits & turkey bacon Lunch: Whole wheat spaghetti, broccoli & peaches Snack: Vanilla wafers | 8 Breakfast: Pancakes Lunch: Chicken taquitos, corn & apple slices Snack: Jell-o | 9 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Whole wheat beefy mac, green beans & pears Snack: Yogurt | 10 Breakfast: Hash brown casserole Lunch: Mini cheeseburger sliders, carrots & oranges Snack: Chex mix | 11 Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, field peas & applesauce Snack: Whole grain goldfish | 12 |
| 13 | 14 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & pears Snack: Whole grain goldfish | 15 Breakfast: Bagels Lunch: Whole wheat turkey& cheese sandwich, carrots & oranges Snack: Cheese-its | 16 Breakfast: French toast sticks Lunch: Pizza, field peas & applesauce Snack: Vanilla wafers | 17 Breakfast: Waffles Lunch: Whole wheat beefy mac, broccoli & pears Snack: Chex mix | 18 Good FRIDAY | 19 |
| 20 | 21 Breakfast: Biscuits & turkey bacon Lunch: Chicken broccoli casserole & peaches Snack: Graham crackers | 22 Breakfast: Cheese omelets Lunch: Chicken quesadilla, black beans & oranges Snack: Raisins | 23 Breakfast: Pancakes Lunch: Pizza, peas & carrots & pears Snack: Pretzels | 24 Breakfast: Blueberry muffins Lunch: Chicken tenders, sweet potato fries & applesauce Snack: Cheese crackers | 25 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice | 26 |
| 27 | 28 Breakfast: French toast sticks Lunch: Whole wheat hot ham & cheese, green beans & peaches Snack: Pudding | 29 Breakfast : Cheese omelet Lunch : Whole wheat chicken alfredo, broccoli & pears Snack : Applesauce | 30 Breakfast: Hashbrown casserole Lunch: Whole wheat beefy mac, peas & apple slices Snack: Whole grain goldfish | HERITAGE PRESCHOOLS. | | |

May 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|---|--|--|---|--|----------|
| bullday | Pionaly | Tuesday | Wednesday | 1 Hui Suuy | Triday | Buturuay |
| | | | HERITAGE. | 1 Breakfast: Blueberry waffles Lunch: Chicken taquitos, corn & oranges Snack: Animal crackers | 2 Breakfast : Whole grain cereal Lunch : Spinach turkey wrap, carrots & applesauce Snack : Cheese-its | 3 |
| 4 | 5 Breakfast: Pancakes Lunch: Chicken taquitos, corn & pears Snack: Graham crackers | 6 Breakfast: Hashbrown casserole Lunch: Mini cheeseburger sliders, broccoli & peaches Snack: Chex mix | 7 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Loaded mashed potatoes, peas & carrots & apple slices Snack: Cheese crackers | 8 Breakfast: Blueberry waffles Lunch: Whole wheat turkey & cheese sandwich, mixed veggies & oranges Snack: Applesauce | 9 Breakfast: Muffins Lunch: Pizza, diced carrots & applesauce Snack: Cheese-its | 10 |
| 11 | 12 Breakfast: Omelet & turkey bacon Lunch: Whole wheat turkey & cheese sandwich, broccoli & applesauce Snack: Jell-o | 13 Breakfast: Biscuits & turkey sausage Lunch: Chicken taquitos, field peas & peaches Snack: Graham crackers | 14 Breakfast: Blueberry waffles Lunch: Whole wheat turkey lasagna, green beans & pears Snack: Cheese sticks | 15 Breakfast: Bagels Lunch: Chicken nuggets, mixed veggies & oranges Snack: Pudding | 16 Breakfast: Whole grain cereal Lunch: Pizza sticks, sweet potato fries & apple slices Snack: Cheese crackers | 17 |
| 18 | 19 Breakfast: Cheese grits & turkey sausage Lunch: Whole wheat chicken alfredo, broccoli & apple slices Snack: Cheese-its | 20 Breakfast: Biscuits & turkey bacon Lunch: Chicken quesadilla, black beans & rice & oranges Snack: Yogurt | 21 Breakfast: Hashbrown casserole Lunch: Whole wheat turkey & cheese roll-up, peas & carrots & peaches Snack: Cheese crackers | Breakfast: Blueberry waffles Lunch: Whole wheat beefy mac, green beans & applesauce Snack: Pudding | 23 Breakfast: Muffins Lunch: Chicken taquitos, corn & pears Snack: Graham crackers | 24 |
| 25 | 26 | 27 Breakfast: Cheese omelets Lunch: Pizza, broccoli & peaches Snack: Cheese sticks | 28 Breakfast: Biscuits & turkey sausage Lunch: Chicken & rice casserole, green beans & pears Snack: Pudding | 29 Breakfast: Blueberry waffles Lunch: Chicken quesadillas, peas & carrots & oranges Snack: Cheese crackers | 30 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice | 31 |

June 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|---|--|----------|
| 1 | 2 Breakfast: Bagels Lunch: Whole wheat chicken alfredo, broccoli & apple slices Snack: Graham crackers | 3 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Chicken taquitos, corn & oranges Snack: Animal crackers | 4 Breakfast: French toast sticks Lunch: Pizza, peas & carrots & peaches Snack: Cheese sticks | 5 Breakfast: Hashbrown casserole Lunch: Whole wheat turkey sandwich, green beans & applesauce Snack: Cheese-its | 6 Breakfast: Muffins Lunch: Whole wheat hot ham & cheese, sweet potato fries & pears Snack: Yogurt | 7 |
| 8 | 9 Breakfast: Biscuits & turkey sausage Lunch: Whole wheat spaghetti, green beans & peaches Snack: Pudding | 10 Breakfast: Cheese omelets Lunch: Chicken quesadillas, black beans & oranges Snack: Graham crackers | 11 Breakfast: Blueberry waffles Lunch: Pizza sticks, broccoli & apple slices Snack: Whole grain goldfish | 12 Breakfast: Bagels Lunch: Mini cheeseburger sliders, sweet potato fries & pears Snack: Vanilla wafers | 13 Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, field peas & applesauce Snack: Cheese-its | 14 |
| 15 | 16 Breakfast: Pancakes Lunch: Chicken taquitos, black beans & pears Snack: Yogurt | 17 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & apple slices Snack: Whole grain goldfish | 18 Breakfast: Hashbrown casserole Lunch: Pizza, field peas & peaches Snack: Cheese crackers | 19 Breakfast: Biscuits & turkey bacon Lunch: Chicken broccoli casserole & oranges Snack: Graham crackers | 20 Breakfast: Bagels Lunch: Whole wheat turkey sandwich, sweet potato fries & applesauce Snack: Vanilla wafers | 21 |
| 22 | 23 Breakfast: Bagels Lunch: Whole wheat beefy mac, green beans & pears Snack: Chex mix | 24 Breakfast: Waffles Lunch: Chicken taquitos, corn & applesauce Snack: Animal crackers | 25 Breakfast: Pancakes Lunch: Pizza sticks, sweet potato fries & oranges Snack: Whole grain goldfish | 26 Breakfast: Cheese omelets Lunch: Chicken alfredo, broccoli & peaches Snack: Graham crackers | 27 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice | 28 |
| 29 | 30 Breakfast: Bagels Lunch: Whole wheat beefy mac, green beans & pears Snack: Chex mix | | HERITAGE PRESCHOOLS. | | | |

July 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|---|---|----------|
| | | 1 Breakfast: Waffles Lunch: Pizza sticks, broccoli & peaches Snack: Whole grain goldfish | 2 Breakfast: Cheese omelets Lunch: Chicken quesadillas, corn & oranges Snack: Graham crackers | 3 Breakfast: Blueberry muffins Lunch: Chicken tenders, carrots & applesauce Snack: Vanilla wafers | 4 Happy 4th of July | 5 |
| 6 | 7 Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & peaches Snack: Graham crackers | 8 Breakfast: Hashbrown casserole Lunch: Mini cheeseburger sliders, mixed veggies & pears Snack: Chex mix | 9 Breakfast: French toast sticks Lunch: Pizza, corn & apple slices Snack: Jell-o | 10 Breakfast: Bagels Lunch: Chicken nuggets, green beans & oranges Snack: Cheese crackers | 11 Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, carrots & applesauce Snack: Vanilla wafers | 12 |
| 13 | 14 Breakfast: Pancakes Lunch: Whole wheat beefy mac, green beans & oranges Snack: Vanilla wafers | 15 Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & peaches Snack: Yogurt | 16 Breakfast: French toast sticks Lunch: Pizza sticks, peas & carrots & applesauce Snack: Cheese sticks | 17 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & pears Snack: Graham crackers | 18 Breakfast: Muffins Lunch: Chicken tenders, sweet potato fries & apple slices Snack: Cheese-its | 19 |
| 20 | 21 Breakfast: Biscuits & turkey bacon Lunch: Chicken & rice casserole, broccoli & oranges Snack: Graham crackers | Breakfast: Blueberry waffles Lunch: Chicken taquitos, corn & peaches Snack: Cheese crackers | 23 Breakfast: Hashbrown casserole Lunch: Pizza, carrots & applesauce Snack: Vanilla wafers | Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Tomato soup, whole wheat grilled cheese & pears Snack: Yogurt | 25 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice | 26 |
| 27 | 28 Breakfast: Pancakes Lunch: Pizza sticks, broccoli & apple slices Snack: Whole grain goldfish | 29 Breakfast: French toast sticks Lunch: Whole wheat hot ham & cheese, green beans & pears Snack: Vanilla wafers | 30 Breakfast: Hashbrown casserole Lunch: Pizza, field peas & peaches Snack: Cheese crackers | 31 Breakfast: Biscuits & turkey sausage Lunch: Whole wheat hot ham & cheese, carrots & oranges Snack: Graham crackers | HERITAGE. | |

August 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|---|---|----------|
| | | | HERITAGE | | 1 Breakfast: Bagels Lunch: Chicken nuggets, sweet potato fries & applesauce Snack: Yogurt | 2 |
| 3 | 4 Breakfast: Biscuits & turkey bacon Lunch: Whole wheat spaghetti, green beans & apple slices Snack: Vanilla wafers | 5 Breakfast: Pancakes Lunch: Chicken taquitos, corn & pears Snack: Jell-o | 6 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Whole wheat beefy mac, broccoli & oranges Snack: Cheese sticks | 7 Breakfast: Hashbrown casserole Lunch: Mini cheeseburger sliders, sweet potato fries & peaches Snack: Chex mix | 8 Breakfast: Whole grain cereal Lunch: Spinach turkey wrap, carrots & applesauce Snack: Cheese crackers | 9 |
| 10 | 11 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & pears Snack: Whole grain goldfish | 12 Breakfast: Bagels Lunch: Whole wheat turkey sandwich, carrots & apple slices Snack: Cheese-its | 13 Breakfast: French toast sticks Lunch: Pizza, broccoli & peaches Snack: Vanilla wafers | 14 Breakfast: Blueberry waffles Lunch: Whole wheat beefy mac, green beans & oranges Snack: Cheese sticks | 15 Breakfast: Muffins Lunch: Chicken nuggets, sweet potato fries & applesauce Snack: Chex mix | 16 |
| 17 | 18 Breakfast: Biscuits & turkey bacon Lunch: Chicken broccoli casserole & applesauce Snack: Graham crackers | 19 Breakfast: Cheese omelets Lunch: Chicken quesadilla, corn & oranges Snack: Yogurt | 20 Breakfast: Pancakes Lunch: Pizza sticks, peas & carrots & pears Snack: Cheese sticks | 21 Breakfast: Muffins Lunch: Chicken nuggets, green beans & peaches Snack: Cheese crackers | 22 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice | 23 |
| 24 | 25 Breakfast: French toast sticks Lunch: Whole wheat hot ham & cheese, green beans & apple slices Snack: Vanilla wafers | 26 Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & peaches Snack: Graham crackers | 27 Breakfast: Pancakes Lunch: Pizza sticks, corn & oranges Snack: Whole grain goldfish | 28 Breakfast: Waffles Lunch: Whole wheat turkey & cheese sandwich, carrots & applesauce Snack: Pudding | 29 Breakfast: Muffins Lunch: Chicken nuggets, peas & carrots & pears Snack: Cheese-its | 30 |

September 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|---|---|----------|
| | Jabov Day | 2 Breakfast: Biscuits & turkey sausage Lunch: Whole wheat chicken alfredo, broccoli & peaches Snack: Graham crackers | 3 Breakfast: Waffles Lunch: Whole wheat lasagna, green beans & pears Snack: Cheese sticks | 4 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Whole wheat turkey & cheese sandwich, peas & carrots & oranges Snack: Pudding | 5 Breakfast: Muffins Lunch: Chicken & dumplings, mixed veggies & applesauce Snack: Vanilla wafers | 6 |
| 7 | 8 Breakfast: Pancakes Lunch: Taquitos, corn & applesauce Snack: Jell-o | 9 Breakfast: Biscuits & turkey sausage Lunch: Whole wheat hot ham & cheese, broccoli & peaches Snack: Graham crackers | 10 Breakfast: Waffles Lunch: Whole wheat lasagna, green beans & pears Snack: Cheese sticks | 11 Breakfast: Bagels Lunch: Chicken & rice casserole, carrots & oranges Snack: Pudding | Breakfast: Whole grain cereal Lunch: Chicken nuggets, sweet potato fries & apple slices Snack: Cheese-its | 13 |
| 14 | 15 Breakfast: Cheese grits & turkey bacon Lunch: Whole wheat chicken alfredo, broccoli & apple slices Snack: Jell-o | 16 Breakfast: Blueberry waffles Lunch: Chicken quesadillas, black beans & rice & oranges Snack: Cheese-its | 17 Breakfast: Hashbrown casserole Lunch: Whole wheat turkey & cheese roll-up, carrots & pears Snack: Vanilla wafers | 18 Breakfast: French toast sticks Lunch: Whole wheat baked spaghetti, green beans & peaches Snack: Cheese crackers | 19 Breakfast : Muffins Lunch : Pizza, mixed veggies & applesauce Snack : Yogurt | 20 |
| 21 | Breakfast: Omelets & turkey bacon Lunch: Whole wheat turkey & cheese sandwich, carrots & oranges Snack: Cheese-its | 23 Breakfast: Bagels Lunch: Pizza, field peas & peaches Snack: Yogurt | 24 Breakfast: Pancakes Lunch: Taquitos, corn & applesauce Snack: Graham crackers | 25 Breakfast: Biscuits & turkey bacon Lunch: Whole wheat beefy mac, broccoli & pears Snack: Whole grain goldfish | 26 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice | 27 |
| 28 | 29 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Whole wheat lasagna, field peas & pears Snack: Yogurt | 30 Breakfast: Pancakes Lunch: Taquitos, corn & applesauce Snack: Graham crackers | HERITAGE | | | |

October 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|--|---|----------|
| | HERITAGE PRESCHOOLS. | | 1 Breakfast: French toast sticks Lunch: Pizza, peas & carrots & peaches Snack: Whole grain goldfish | 2 Breakfast: Hashbrown casserole Lunch: Whole wheat turkey sandwich, green beans & apple slices Snack: Cheese sticks | 3 Breakfast: Muffins Lunch: Chicken tenders, sweet potato fries & oranges Snack: Jell-o | 4 |
| 5 | 6 Breakfast: Biscuits & turkey bacon Lunch: Chicken broccoli casserole & apple slices Snack: Jell-o | 7 Breakfast: Cheese omelets Lunch: Chicken quesadilla, black beans & oranges Snack: Graham crackers | 8 Breakfast: Blueberry waffles Lunch: Pizza sticks, green beans & pears Snack: Chex mix | 9 Breakfast: Bagels Lunch: Mini cheeseburger sliders, carrots & applesauce Snack: Yogurt | 10 Breakfast: Muffins Lunch: Chicken tenders, sweet potato fries & peaches Snack: Cheese-its | 11 |
| 12 | Happy Columbus Day | 14 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & pears Snack: Whole grain goldfish | 15 Breakfast: Hashbrown casserole Lunch: Pizza, field peas & peaches Snack: Graham crackers | 16 Breakfast: Biscuits & turkey bacon Lunch: Chicken & dumplings, broccoli & oranges Snack: Chex mix | 17 Breakfast: Whole grain cereal Lunch: Chicken tenders, sweet potato fries & apple slices Snack: Pudding | 18 |
| 19 | 20 Breakfast: Bagels Lunch: Whole wheat beefy mac, green beans & pears Snack: Cheese sticks | 21 Breakfast: Blueberry waffles Lunch: Chicken taquitos, corn & apple slices Snack: Graham crackers | Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Loaded mashed potatoes, peas & carrots & peaches Snack: Jell-o | 23 Breakfast: Muffins Lunch: Whole wheat turkey & cheese sandwich, mixed veggies & oranges Snack: Whole grain goldfish | 24 Breakfast: Cheese omelets Lunch: Chicken quesadillas, black beans & oranges Snack: Graham crackers | 25 |
| 26 | 27 Breakfast: Hashbrown casserole Lunch: Chicken taquitos, corn & apple slices Snack: Cheese sticks | 28 Breakfast: Biscuits & turkey sausage Lunch: Whole wheat hot ham & cheese, green beans & peaches Snack: Vanilla wafers | 29 Breakfast : Blueberry waffles Lunch : Pizza sticks, carrots & pears Snack : Whole grain goldfish | 30 Breakfast: Bagels Lunch: Chicken quesadillas, black beans & oranges Snack: Graham crackers | 31 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice | |

November 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|---|--|----------|
| | | | HERITAGE | | | 1 |
| 2 | 3 Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & applesauce Snack: Graham crackers | 4 Breakfast: Hashbrown casserole Lunch: Mini cheeseburger sliders, carrots & pears Snack: Chex mix | 5 Breakfast: French toast sticks Lunch: Pizza, field peas & oranges Snack: Jell-o | 6 Breakfast: Bagels Lunch: Chicken nuggets, green beans & peaches Snack: Whole grain goldfish | 7 Breakfast: Whole grain cereal Lunch: Whole wheat turkey & cheese wrap, mixed veggies & apple slices Snack: Pudding | 8 |
| 9 | 10 Breakfast: Pancakes Lunch: Whole wheat beefy mac, green beans & oranges Snack: Cheese crackers | 11 Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & peaches Snack: Graham crackers | 12 Breakfast: Hashbrown casserole Lunch: Pizza, field peas & apple slices Snack: Jell-o | 13 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & pears Snack: Whole grain goldfish | 14 Breakfast: Muffins Lunch: Chicken tenders, sweet potato fries & applesauce Snack: Chex mix | 15 |
| 16 | 17 Breakfast: Biscuits & turkey bacon Lunch: Chicken broccoli casserole & applesauce Snack: Graham crackers | 18 Breakfast: Blueberry waffles Lunch: Chicken taquitos, corn & pears Snack: Cheese sticks | 19 Breakfast: French toast sticks Lunch: Pizza sticks, peas & carrots & oranges Snack: Cheese crackers | 20 Breakfast: Hashbrown casserole Lunch: Mini cheeseburger sliders, corn & peaches Snack: Yogurt | 21 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice | 22 |
| 23 | 24 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Chicken quesadilla, corn & peaches Snack: Yogurt | 25 Breakfast: Pancakes Lunch: Whole wheat beefy mac, broccoli & apple slices Snack: Chex mix | 26 Breakfast: Bagels Lunch: Whole wheat turkey sandwich, carrots & pears Snack: Cheese-its | HAPPY THANKSGIVING | 28 | 29 |

December 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|--|---|---|----------|
| | 1 Breakfast: Cheese omelets Lunch: Whole wheat chicken alfredo, broccoli & pears Snack: Graham crackers | 2 Breakfast : Blueberry waffles Lunch : Pizza, carrots & apple slices Snack : Cheese crackers | 3 Breakfast: Biscuits & turkey sausage Lunch: Chicken quesadillas, black beans & oranges Snack: Jell-o | 4 Breakfast: Hashbrown casserole Lunch: Mini cheeseburger sliders, corn & peaches Snack: Whole grain goldfish | 5 Breakfast : Whole grain cereal Lunch : Turkey & cheese wrap, mixed veggies & applesauce Snack : Vanilla wafers | 6 |
| 7 | 8 Breakfast: Whole wheat cheese toast & turkey sausage Lunch: Beef burrito, corn & pears Snack: Cheese crackers | 9 Breakfast: Bagels Lunch: Whole wheat turkey & cheese sandwich, broccoli & applesauce Snack: Jell-o | 10 Breakfast: French toast sticks Lunch: Pizza, field peas & peaches Snack: Vanilla wafers | 11 Breakfast: Blueberry waffles Lunch: Whole wheat lasagna, green beans & oranges Snack: Chex mix | 12 Breakfast: Muffins Lunch: Chicken tenders, sweet potato fries & apple slices Snack: Cheese-its | 13 |
| 14 | 15 Breakfast: Biscuits & turkey bacon Lunch: Chicken broccoli casserole & applesauce Snack: Whole grain goldfish | 16 Breakfast: Cheese omelets Lunch: Chicken quesadillas, black beans & oranges Snack: Graham crackers | 17 Breakfast: Pancakes Lunch: Pizza sticks, peas & pears Snack: Jell-o | 18 Breakfast: Muffins Lunch: Chicken tenders, sweet potato fries & apple slices Snack: Cheese crackers | 19 Breakfast: Whole grain cereal Lunch: Turkey & cheese wrap, field peas & peaches Snack: Vanilla wafers | 20 |
| 21 | 22 Breakfast: French toast sticks Lunch: Whole wheat hot ham & cheese, green beans & peaches Snack: Pudding | 23 Breakfast: Blueberry waffles Lunch: Chicken taquitos, corn & pears Snack: Cheese sticks | 24 | 25 | 26 Breakfast: Chef's choice Lunch: Chef's choice Snack: Chef's choice | 27 |
| 28 | 29 Breakfast: Cheese omelets Lunch: Pizza sticks, steamed broccoli & oranges Snack: Graham crackers | 30 Breakfast: French toast sticks Lunch: Chicken taquitos, corn & apple slices Snack: Pudding | 31 Breakfast: Blueberry waffles Lunch: Pizza sticks, peas & pears Snack: Cheese-its | HERITAGE PRESCHOOLS. | | |