

SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods. Luckily, there's a cure for this condition: can you say fresh fruit?



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Breakfast, Salad and Vegetarian Choices

Monday

French Toast Sticks and Sausage
Southwestern Chicken Salad
Vegetarian Hot Pocket

Tuesday

Sausage and Pancake on Stick
Chef Salad
Vegetarian Chili with Chips

Wednesday

Breakfast Pizza Pocket
Country Chicken Salad
Garden Burger

Thursday

Omelet and Toast
Chef Salad
Vegetable Sub

Friday

Cinnamon Toast
Asian Chicken Salad
Grilled Cheese and Yogurt

May 1

Chicken Stir Fry over Rice

May 2

Baked Potato with Ham and Cheese

May 3

Chicken Parmesan

May 4

Supreme Pizza

May 7

Broccoli & Cheese Soup/Ham & Cheese

May 8

Spaghetti with Meat Sauce

May 9

Swedish Meatballs over Rice

May 10

Bar-B-Que or Baked Chicken

May 11

Philly Cheese Steak

May 14

Teriyaki Chicken over Rice

May 15

Popcorn Chicken Bowl

May 16

Beef Liver and Onions

May 17

Beef-A-Roni

May 18

Chicken Nachos

May 21

Chicken Chunks over Rice

May 22

Spaghetti with Meat Sauce

May 23

Taco Bar

May 24

Breaded or Baked Chicken

May 25

Pork Bar-B-Que or Fish on Bun

May 29

Macaroni and Cheese with Fish Sticks

May 30

Spicy Chicken over Rice

May 31

MENUS FOR MAY 2012

Heritage High

This institution is an equal opportunity provider.

Available Daily!

Crispy and Spicy Chicken Sandwiches
Nachos with Chili and Cheese
Chicken Nuggets
Pizza
Hamburgers and Cheeseburgers
Peanut Butter and Jelly Uncrustable
Sub Sandwiches
Sandwich of the Day
Hot and Cold Vegetables
Fresh Fruit and Fruit Cup
Low-Fat or Skim Milk