

Heritage Nutrition Services

Lunch Menu

November 2022

- All Lunches/Suppers are served w/ 8oz low-fat unflavored milk or Whole Milk for 1-2yr old
- All Fruit/Vegetable Juices served are Pasteurized and 100% Juice.
- “*” Denotes Whole Grain-Rich or Whole Grain item.
- “CN” Denotes Child Nutrition Labeled and Certified product.
- + denotes a scratch-cooked item with a standardized recipe.
- All Menus meet or exceed the CACFP Meal Pattern requirements.

Mon	Tue	Wed	Thu	Fri
	1 <i>1c. Macaroni & Cheese+*</i> <i>1/2c. Broccoli</i> <i>1/4c. Peaches</i>	2 <i>3oz Meatloaf w/gravy</i> <i>1/2c. Mashed Potatoes</i> <i>Dinner Roll*</i> <i>1/4c. Pineapple</i>	3 <i>1 Breaded Fish Wedge (CN)*</i> <i>4 Potato Smiles</i> <i>1/2c. Applesauce</i>	4 <i>Cheese Pizza Square*</i> <i>1c. Tossed Salad w/ Dressing pkt</i> <i>1/4c. Pears</i>
7 <i>Cheese Lasagna (CN)*</i> <i>Topped w/2oz Marinara & .5oz Mozzarella</i> <i>1/2c. Green Beans</i> <i>1/4c. Tropical Fruit</i>	8 <i>Turkey Ham & Cheese Sandwich on Roll*</i> <i>w/ 1/2c. Lettuce & Tomato</i> <i>1/2c. Tots</i> <i>Banana</i>	9 <i>1c. Chili Mac*+</i> <i>1/2c. Corn</i> <i>1/4c. Peaches</i>	10 <i>Chicken & Waffle*</i> <i>2 Hash brown Triangles</i> <i>1/4c. Pineapple</i>	11 <i>Mexican Pizza Square*</i> <i>(2oz refried beans, 1 oz cheddar, 1/4c. Lettuce & tomato)</i> <i>1/2c. Corn</i> <i>1/4c. Applesauce</i>
14 <i>1 Breaded Fish Wedge (CN)*</i> <i>1/2c. Tots</i> <i>1/4. Pears</i>	15 <i>Mini Meatball Hoagie w/Cheese & 2oz marinara sauce (4 .5oz meatballs, .5oz cheese on Hotdog Roll *)CN</i> <i>1/2c. Peas</i> <i>1/4c. Peaches</i>	16 <i>Chicken Alfredo (2 oz chicken, 1/2c. Pasta*, 3oz Sauce)</i> <i>1/2c. Broccoli</i> <i>1/4c. Pears</i>	17 <i>Roasted Turkey w/ Gravy</i> <i>2oz Stuffing*</i> <i>1/2c. Mashed Potatoes</i> <i>1/4c. Applesauce</i>	18 <i>Cheeseburger (CN) On Bun*</i> <i>w/1/2c. lettuce & tomato</i> <i>1/2c. Baked Vegetarian Beans</i> <i>1/4c. Mandarin Oranges</i>
21 <i>1/2c. Sweet & Sour Chicken</i> <i>1/2c. Brown Rice*</i> <i>1/2c. Asian Vegetables</i> <i>Fresh Apple</i>	22 <i>1c. Spaghetti* w/4 oz meat sauce</i> <i>Parmesan Cheese</i> <i>1/2c. Green Beans</i> <i>1/4c. Applesauce</i>	23 <i>1/2c. Buffalo Chicken Salad on Roll *</i> <i>w/1/2c. Lettuce & tomato</i> <i>1/4c. Broccoli Florets w/Ranch Pkt.</i> <i>1/4c. Pears</i>	24 <i>Heritage Closed</i>	25 <i>Heritage Closed</i>
28 <i>4 Chicken Nuggets (CN*)</i> <i>4 Potato Smiles</i> <i>1/2c. Peas</i> <i>1/4c. Applesauce</i>	29 <i>3oz Sloppy Joe On Bun*+</i> <i>1/2c. Tots</i> <i>1/4c. Mandarin Oranges</i>	30 <i>Cheese Pizza Square*</i> <i>1c. Tossed Salad w/ Dressing pkt</i> <i>1/4c. Tropical Fruit</i>		