ientage mili		пентауе пін с	ycie ii 2023-2024	Regulai/No Added Salt Week		
Sunday	Monday Nov. 26 - Dec. 2`	Tuesday Dec. 24 - Dec. 30	Wednesday Jan. 21 - Jan .27	Thursday Feb. 18- Feb. 24	Friday Mar. 17 - Mar. 23-	Saturday Apr. 21 - Apr. 27
Breakfast						-
Juice of Choice Choice of Cold or Hot Cereal Sausage Link Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Scrambled Egg Bagel w/ Cream cheese Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Egg Omelet Bacon Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal French Toast w/ Blueberry Sauce Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Fried Eggs Corn Beef Hash Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Waffle Scrapple Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Ceres Egg Patty w/ Ham & Cheese on Croissant Milk Coffee or Hot Tea
Lunch						
BBQ Spare Ribs Baked Potato Buttered Corn Dinner Roll or Bread Margarine Black Forest Cake Milk Beverage of Choice	Stuffed Cabbage Roll Mashed Potatoes Italian Green Beans Dinner Roll or Bread Margarine Cream Pie Milk Beverage of Choice	Lasagna with Meat sauce Tossed Salad with Dressing Garlic Bread Fruit Cobbler Milk Beverage of Choice	Chicken Tetrazzini Sliced Carrots Dinner Roll or Bread Margarine Lemon Pudding Parfait Milk Beverage of Choice	Meatloaf Scalloped Potatoes Vegie Blend Dinner Roll or Bread Margarine Chocolate Cake with Chocolate Frosting Milk Beverage of Choice	Crab Cakes Steak Fries Creamy Coleslaw Dinner Roll or Bread Margarine Pumpkin Mousse Milk Beverage of Choice	Baked Chicken Bread Stuffing Prince Edward Veg Blend Dinner Roll or Bread Margarine Sherbet Cups Milk Beverage of Choice
Southwest Chicken	Roast Turkey	Veal Marsala Rice	Butter Crumb Fish	Glazed Ham Steak	Teriyaki Pork Chop	Smoked Sausage
Dinner						
Cream of Broccoli Soup Saltine Crackers Chip Streak Sandwich W/ Peppers & onions Potato Cakes Peaches Milk Beverage of Choice	Beef Noodle Soup Saltine Crackers Hot Dog on Bun Baked Beans Assorted Jell-O Milk Beverage of Choice	Chicken Corn Chowder Saltine Crackers Ham Salad Sandwich on Rye w/ Lett & Tom Breaded Pickle Chips Ambrosia Milk Beverage of Choice	Beef Chili with Beans Tossed Salad with Dressing Cornbread Margarine Fruit Cup Milk Beverage of Choice	Cream of Cauliflower Soup Saltine Crackers BBQ Pork on a Bun Potato Wedges Pineapple Dream Milk Beverage of Choice	Tomato Basil Soup Saltine Crackers Grilled Cheese Sandwich Chips & Pickles Ice Cream Milk Beverage of Choice	Vegetable Soup Saltine Crackers Cheeseburger on Bun Vegetable blend W Italian Dressing Spiced Pears Milk Beverage of Choice
Mushroom & Cheese Quiche	Chicken Nuggets WW/Dippingw/g	Beef & Cheddar On Bun	Home Made Pizza Tossed Salad w/ Dressing	Seafood Salad Sandwich	Cottage Cheese & Fruit Plate	Turkey Club Sandwich
HS Snack						
Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day

Heritage Hill		Heritage Hill V	Sycie II 2023-2024		Regulai/No Added Sait	WCCK 2
Sunday	Monday Nov. 5 - Nov. 11	Tuesday Dec. 3 - Dec. 9	Wednesday Dec. 31 - Jan. 6	Thursday Jan. 28 - Feb. 3	Friday Feb. 25 - Mar. 2	Saturday Mar. 31 - Apr. 6
Breakfast						
Juice of Choice Choice of Cold or Hot Cereal Scrambles Eggs Home Fries Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Chocolate Chip Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Egg Omelet Coffee Cake Margarine Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Fried Eggs Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Sausage Link French Toast Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Scrambles Eggs Hash Brown Casserole Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Waffles W/ Blueberry Sauce Margarine & Jelly Milk Coffee or Hot Tea
Lunch						
Veal Scaloppini Garden Blend Rice Dill Carrots Dinner Roll or Bread Margarine Frosted Banana Cake Milk Beverage of Choice	Chicken Marsala Butted Noodles Mixed Vegetables Dinner Roll or Bread Raspberry Gelatin Salad Milk Beverage of Choice	Chopped Steak w/ Gravy Boiled New Potatoes Green Beans Rice Pudding Dinner Roll or Bread Margarine Milk Beverage of Choice	Cheese Tortellini w/ Alfredo Sauce Broccoli Garlic Bread Ice Cream Milk Beverage of Choice	Roast Turkey Mashed Potatoes Vegetable Blend Dinner Roll or Bread Margarine Apple Crumb Cake Milk Beverage of Choice	Fish Fillet Tartar Sauce Oven Roasted Potatoes Brussels Sprouts Dinner Roll or Bread Margarine Banana Cream Pie Milk Beverage of Choice	Rigatoni w/ Sauce Sausage Peas Dinner Roll or Bread Margarine Cranberry Orange Cake Milk Beverage of Choice
Beef Tips w/ Mushroom Gravy	Ravioli Casserole	Ham & Cabbage	Crab Cakes	Meatloaf	Breaded Pork Chop	Chicken Tenders Dipping Sauce Mashed Potatoes
Dinner						
Baked Potato Soup Saltine Crackers Chicken Cheese Steak Hoagie Onion Rings Cinnamon Scalloped Peaches Milk Beverage of Choice	Ham & Bean Soup Saltine Crackers Sloppy Joe On Bun Creamy Pasta Salad Fruit Mix Milk Beverage of Choice	Stuffed Pepper Soup Saltine Crackers Seafood Salad Sandwich Cole Slaw Chocolate Chip Cookie Milk Beverage of Choice	Vegetable Soup Saltine Crackers Pierogies W/ Butter & Onions Pea Salad Spiced Pears Milk Beverage of Choice	Beef Rice Soup Saltine Crackers Shredded Pork Sandwich Waffle Fries Butterscotch Pudding Milk Beverage of Choice	Cream Broccoli Soup Saltine Crackers Grilled Brats on Bun Potato Salad Sherbet cups Milk Beverage of Choice	Chicken Noodle Soup Saltine Crackers Beef & Cheddar On Bun Chips & Pickles Baked Apples Milk Beverage of Choice
BLT Sandwich with Cheese	Chef Salad w/ Turkey	Breaded Chicken Sandwich	Turkey burger On bun	Deli Sandwich/ Lett & tomato	Egg salad Sandwich	Turkey & Swiss Sandwich
HS Snack						
Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day

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Sunday	Monday Nov. 12 - Nov. 18	Tuesday Dec. 10 - Dec. 16	Wednesday Jan. 7 - Jan. 13	Thursday Feb. 4 - Feb. 10	Friday Mar. 3 - Mar.9	Saturday Apr. 7 - Apr 13
Breakfast						
Juice of Choice Choice of Cold or Hot Cereal Egg Bake w/ cheese Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Sausage Patty Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Egg Omelet Toasted English Muffin Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Bacon French Toast Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Scrambled Eggs Assorted Donuts Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Waffle Scrapple Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Egg Patty w/ Cheese On Biscuit Assorted Yogurt Cups Margarine & Jelly Milk Coffee or Hot Tea
Lunch						
Chicken Cordon Bleu Buttered Noodles Sliced Carrots Dinner Roll or Bread Margarine Fruit Pie Milk Beverage of Choice Swedish Meatballs	Pork and Sauerkraut Mashed Potatoes Apple Sauce Dinner Roll or Bread Margarine Ice Cream Milk Beverage of Choice Stuffed Peppers	Beef Stew Biscuits Margarine Cinnamon Crispies Cookie Milk Beverage of Choice Chicken & Dumplings Mixed Vegetables	Herb, Lemon Fish Macaroni & Cheese Stewed Tomatoes Dinner Roll or Bread Margarine Sliced Peaches Milk Beverage of Choice Veal with Gravy	Roast Beef w/ Gravy Bread Stuffing California Blend Dinner Roll or Bread Margarine Banana Pudding Milk Beverage of Choice Glazed Ham	Shrimp Scampi with Linguini Green Beans Dinner Roll or Bread Margarine Spice Cake with Frosting Milk Beverage of Choice Chicken Tenders	Swiss Steak Mashed Potatoes Peas Dinner Roll or Bread Margarine Orange Delight Gelatin Milk Beverage of Choice Roasted Turkey
Dinner						
Cream of Mushroom Soup Saltine Crackers Chip Steak Hoagie Macaroni Salad Chocolate tango Pudding Milk Beverage of Choice	Pasta Fagioli Soup Saltine Crackers Thin Crust Cheese Pizza Tossed Salad with Dressing Blushing Pears Milk Beverage of Choice	Italian Wedding Soup Saltine Crackers Turkey Club Sandwich Sweet Potato Fries Pineapple Cream Gelatin Milk Beverage of Choice	Tomato Rice Soup Saltine Crackers BBQ Pork Rib Patty on a Bun Creamy Coleslaw Black Forest Cake Milk Beverage of Choice	Chicken Noodle Soup Saltine Crackers Italian Sausage on a Bun Sautéed Peppers & Onions Three Bean Salad Pumpkin Rolls Milk Beverage of Choice	Cream of Cauliflower Soup Saltine Crackers Meatball Hoagie French Fries Cinnamon Baked Apples Milk Beverage of Choice	Beef Ditalini Soup Saltine Crackers Chicken Pot Pies Strawberry Parfait Milk Beverage of Choice
Breaded Fish Sandwich	Bologna & Cheese Sandwich	Hamburger w/ Lettuce , Tomato & Pickles	Grilled Cheese Sandwich	Breaded Chicken Sandwich w/ Lettuce & Tomato	Seafood Salad Sandwich	Hot Dog on Bun Chips & Pickles
HS Snack						
Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day
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leritage Hill		Heritage Hill C		Regular/No Added Salt	Week 4	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
·	Nov. 19 - Nov. 25	Dec. 17 - Dec.23	Jan. 14 - Jan.20	Feb. 11 - Feb. 17	Mar. 10 - Mar. 16	Apr. 14- Apr. 20
Breakfast						
Juice of Choice Choice of Cold or Hot Cereal Egg Omelet w/ Cheese Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal French Toast Sausage Link Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Fried Eggs Fresh Fruit Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Pancakes W/ Strawberry Sauce Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Scrambled Eggs Sausage Gravy w/ Biscuits Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Waffle Bacon Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cerea Egg Omelet Ham & Cheese Toast Margarine & Jelly Milk Coffee or Hot Tea
Lunch						
Sweet & Sour Chicken Pot stickers Oriental Blend Dinner Roll or Bread Margarine Harvest Cake Milk Beverage of Choice	Turkey Alfredo Steamed Broccoli Dinner Roll or Bread Margarine Milk Rice Pudding Beverage of Choice	Veal Cutlet with Mushroom Sauce Mashed Potatoes Cream Corn Dinner Roll or Bread Margarine Mandarin Oranges Milk Beverage of Choice	Smothered Pork Chops Oven Potatoes Dill Carrots Dinner Roll or Bread Margarine Lemon Meringue Pie Milk Beverage of Choice	Chicken Parm w/ Spaghetti Tossed Salad W/ Dressing Garlic Bread Pudding Swirl Milk Beverage of Choice	Crab Cakes Tartar Sauce Steak Fries Creamy Coleslaw Dinner Roll or Bread Margarine Lemon Cake w/ Lemon Icing Milk Beverage of Choice	Tuna Noodles Casserole Peas & Carrots Dinner Roll Ice Cream Sundae Milk Beverage of Choice
Beef Tips	Salisbury Steak w/ Gravy Mashed Potatoes	Stuffed Peppers	Cheese Crumb Cod	Glazed Ham Sweet Potatoes	Country Steak w/ Gravy	Apple Roast Pork Mashed Potatoes
Dinner						
Italian Wedding Soup Saltine Crackers Pulled Pork on a Bun French Fries Fruit Cup Milk Beverage of Choice	Chicken Rice Soup Saltine Crackers Pierogies w/ Butter & onions Pea Salad Oatmeal Cookie Milk	Minestrone Soup Saltine Crackers Crispy Chicken Sandwich Potato salad Fruit Cheesecake Pudding Milk Beverage of Choice	New England Clam Chowder Saltine Crackers Hamburger Bun w/ Fried Onions Tomato &Cucumber Salad Sherbet Milk	Vegetable Soup Saltine Crackers Open-Faced Roast Beef Sandwich Creamy Pasta Salad Cinnamon Scalloped Peaches Milk Beverage of Choice	Cream of Mushroom Soup Saltine Crackers Chicken Salad Sandwich Onion Pedals Tropical Fruit Milk Beverage of Choice	Chicken Orzo Soup Saltine Crackers BLT Sandwich W/ Cheese Breaded Green Beans Pineapple Dream Milk Reverage of Choice
Egg Salad On Croissant	Chicken Quesadilla	Tuna Salad Sandwich	French Bread Pizza	Italian Submarine Sandwich w/ Lettuce & Tomato	Grilled Cheese & Tomato Sandwich	Sloppy Joe on Bun
HS Snack						
Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day