

Heyer Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

We're hiring! Scan below.



1
Cheese Pizza
Pepperoni Pizza
Cookie Hummus, Yogurt & Goldfish Pack
 Apricot Halves, Apple Spinach, Baby Carrot

4
Chicken Patty Sliders
Hot Dog
MYO Pepperoni Pizza
Bagel
 Mixed fruit, Orange, Mashed Potato, Fresh Broccoli

5
Harvest Pancakes w. Turkey Links
Chicken Tenders w/ Roll
Tossed Cheese Salad w/ Roll
 Sweet Corn, Red Pepper, Banana, Diced Pears

6
Chicken & Veggie Dumplings w/ Fried Rice
Hamburger
Turkey & Cheese Sandwich
 Edamame, Peas & Carrots, Apple Slices, Diced Peaches

7
French Toast Sticks w/ Sausage
Bean & Cheese Burrito
Ham & Cheese Sandwich
 Celery Sticks, Veg Juice, Pear, Cinnamon Apples

8
Pepperoni Pizza
Cheese Pizza
Pretzel Yogurt & Cheese
 Apricot Halves, Apple Spinach, Baby Carrots

11
Hamburger
Mini Corn Dogs
Turkey & Cheese Sandwich
 French Fry, Celery Sticks Orange, Mixed Fruit

12
Chicken Tenders w/ Breadstick
Beef Nachos
Baja Veggie Salad w/ Roll
 Diced Pears, Banana, Refried Beans, Street Corn

13
Pop Chicken Potato Bowl w/ Roll
Cheese Pizzadilla
Pretzel, Yogurt & Cheese
 Diced Peaches, Apple Slices Fresh Broccoli, Red Peppers

14
Chicken Nuggets w/ Roll
BBQ Chicken Flatbread
MYO Pepperoni Pizza
Bagel
 Applesauce, Tater Tots, Pear, Cucumber Slices


15
Cheese Pizza
Pepperoni Pizza
Ham & Cheese Sandwich
 Mixed Veg, Baby Carrot Apricot Halves, Apple

18
Cheese Quesadilla
Soft Beef Tacos
Hummus, Yogurt & Goldfish
 Black Beans, Tossed Salad, Orange, Mixed Fruit

19
Corn Dog
Cheeseburger
Apple Yogurt & Cheese
 Tater Tots, Pickled Cucumber Slices, Banana, Diced Pears

20
Pancake Bites w/ Cheesy Eggs
Crispy Chicken Sandwich
Turkey & Cheese Sandwich
 Cinni Peaches, Apple Slices, Baby Carrots, Celery Sticks

21
Thai Sun Butter
Chicken Tenders w/ Rice
Hot Dog
MYO Pepperoni Pizza
Bagel
 Sweet Corn, Edamame, Pear, Applesauce

22

Cheese Pizza
Pepperoni Pizza
Three Cheese Sub
RICE KRISPY TREAT
 Spinach, Red Pepper Apple, Apricot Halves

25
Pop Chicken Lo Mein
Grilled Cheese Sandwich
MYO Cheese Pizza
Flatbread
 Hot Broccoli, Baby Carrots, Mixed Fruit, Orange

26
Chicken Patty
Cheese Pizzadilla
Popcorn Chicken Salad w/ Roll
 Waffle Fries, Fresh Broccoli, Banana, Diced Pears

27
No School

28
No School

29
No School