

BREAKFAST

LUNCH

APRIL 2019

Heard Middle School



Monday

Tuesday

Wednesday

Thursday

Friday

1

No School

2

No School

3

No School

4

No School

5

No School

8

Mini Cinnis

9

Sausage Biscuit

10

Mini Powdered Donuts

11

Pop-tart w/ Yogurt

12

Chicken Biscuit

- (1) Burger Sliders
 - (2) Chicken Tenders w/ Roll
 - (3) Stuffed Crust Pizza
- Waffle Fries, Baby Carrots

- (1) Personal Pizza
 - (2) Spaghetti w/ Meatsauce/Italian Dunker
 - (3) Turkey & Cheese Sub
- Steamed Broccoli, Side Salad

- (1) Personal Pizza
 - (2) Crispos w/ Queso
 - (3) Egg Salad Wrap
- Baby Carrots, Cheesy Refried Beans

- (1) Breaded Chicken Sandwich
 - (2) Cowboy Nachos
 - (3) Ham & Cheese Sub
- Corn, Cucumber Slices

- (1) Steak Nuggets w/ Roll
 - (2) Barbeque Chicken w/ Roll
 - (3) Stuffed Crust Pizza
- Mashed Potatoes, Spicy Cabbage

15

Pancake on a Stick

16

Sausage Biscuit

17

Mini Blueberry Pancakes

18

Frosted Cinnamon Bun

19

Chicken Biscuit

- (1) Hickory Tots w/ Cornbread
 - (2) Hot Dog on Bun
 - (3) Stuffed Crust Pizza
- Tater Tots, Ranch Style Pinto Beans

- (1) Personal Pizza
 - (2) Buffalo Chicken Bites w/ Roll
 - (3) Chicken Alfredo w/ Italian Dunker
- Broccoli, Carrots & Celery

- (1) Personal Pizza
 - (2) Cheeseburger
 - (3) Buffalo Chicken Wrap
- Roasted Carrots, Side Salad

- (1) Chicken Bites w/ Mac & Cheese
 - (2) Country Fried Steak w/ Roll
 - (3) Meatball Sub
- Parmesan Peas, Mashed Potatoes

- (1) Breaded Chicken Sandwich
 - (2) Walking Taco w/ Fiesta Rice
 - (3) Turkey and Cheese Sub
- French Fries, Black Bean Corn Salsa

22

Sausage Griddle Sandwich

23

Sausage Biscuit

24

Glazed Donut

25

Cinnamon Swirl

26

Chicken Biscuit

- (1) Cheeseburger on Bun
 - (2) Hot Dog on Bun
 - (3) Stuffed Crust Pizza
- Crinkle Fries, Side Salad

- (1) Personal Pizza
 - (2) Steak Sandwich
 - (3) Chicken Bites w/ Roll
- Green Beans, Mashed Potatoes

- (1) Personal Pizza
 - (2) Breaded Mozzarella Sticks w/ Marinara
 - (3) BBQ Cowboy Sandwich
- Baby Carrots, Broccoli

- (1) Breaded Chicken Sandwich
 - (2) Mini Corn Dogs
 - (3) Ham & Cheese Sub
- Corn, Ranch Style Pinto Beans

- (1) Teriyaki Chicken w/ Rice
 - (2) Chicken Quesadilla
 - (3) Turkey & Cheese Sub
- Black Bean Corn Salsa, Roasted Carrots

29

Mini Cinnis

30

Sausage Biscuit

- (1) Buffalo Grilled Chicken Sandwich
 - (2) Sloppy Joe on Bun
 - (3) Stuffed Crust Pizza
- Waffle Fries, Baked Beans

- (1) Personal Pizza
 - (2) Hickory Tots w/ Cornbread
 - (3) Buffalo Chicken Salad
- Corn, Roasted Carrots

Menus are subject to change.
 Choice of milk and assorted fruit/ juice offered daily.
 BYO = Build Your Own, WG = Whole Grain
 This is an equal opportunity provider.

