



APRIL | 2017

SHAW HIGH AND HERITAGE MIDDLE SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WG ASSORTED CEREAL WG GRAHAM CRACKERS ORANGE JUICE FRUIT CHOICE CHOICE OF MILK	4 BAGEL W/ CHEESE & SAUSAGE STRAWBERRY CUP GRAPE JUICE CHOICE OF MILK	5 WG PANCAKES ORANGEJUICE FRESH APPLE CHOICE OF MILK	6 WG MINI BAGEL W/CREAM CHEESE CHOICE OF FRUIT CUP ORANGE JUICE CHOICE OF MILK	7 WG CINNAMON BUN CHOICE OF FRUIT ORANGE JUICE CHOICE OF MILK
10 WG NUTRIGRAN BAR CHEESE STICK ORANGE JUICE FRUIT CHOICE CHOICE OF MILK	11 EGG & CHEESE BAGEL FRESH APPLE FRUIT JUICE CHOICE OF MILK	12 WG FRENCH TOAST CINNAMON APPLESAUCE GRAPEJUICE CHOICE OF MILK	13 WG WAFFLES CHOICE OF FRUIT APPLE JUICE CHOICE OF MILK	14 GOOD FRIDAY DISTRICT CLOSED
17 WG CINNAMON BUN CHOICE OF FRUIT ORANGE JUICE CHOICE OF MILK	18 BAGEL W/ CHEESE & SAUSAGE STRAWBERRY CUP GRAPE JUICE CHOICE OF MILK	19 WG PANCAKES ORANGEJUICE FRESH APPLE CHOICE OF MILK	20 WG MINI BAGEL W/CREAM CHEESE CHOICE OF FRUIT CUP ORANGE JUICE CHOICE OF MILK	21 WG ASSORTED CEREAL YOGURT CHOICE ORANGE JUICE FRUIT CHOICE CHOICE OF MILK
24 WG NUTRIGRAN BAR CHEESE STICK ORANGE JUICE FRUIT CHOICE CHOICE OF MILK	25 EGG & CHEESE BAGEL FRESH APPLE FRUIT JUICE CHOICE OF MILK	26 WG FRENCH TOAST CINNAMON APPLESAUCE GRAPEJUICE CHOICE OF MILK	27 WG WAFFLES CHOICE OF FRUIT APPLE JUICE CHOICE OF MILK	28 WG CINNAMON BUN CHOICE OF FRUIT ORANGE JUICE CHOICE OF MILK

News

**SCHOOL REOPENS
APRIL 3RD.**

**APRIL 14TH IS
GOOD FRIDAY
DISTRICT IS CLOSED**



Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, 2D.C.20250-9410 or call toll free 866/632/9932(voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through Federal Relay service at 800/877-8339, or 800/845-6136 (Spanish). USDA is an equal opportunity provider and employer



APRIL | 2017

SHAW HIGH AND HERITAGE MIDDLE SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 HOT DOG ON WHOLE WHEAT BUN CURLY FRIES FRESH APPLE CHOICE OF MILK	4 TACO W/TORTILLA CHIPS SHREDDED LETTUCE CHEESE CUP SWEET POTATO FRIES STRAWBERRIES CHOICE OF MILK	5 CHOICE OF BIG DADDY PIZZA ROMAINE LETTUCE CARROTS STICKS CHOICE OF DRESSING FRUIT JUICE CHOICE OF MILK	6 BBQ CHICKEN WRAP BAKED BEANS CELERY STICKS RANCH DRESSING FRUIT COCKTAIL CHOICE OF MILK	7 Sloppy Joe Whole Wheat Bun GLAZED CARROTS CHOICE OF FRUIT Choice of Milk
10 TACO W/TORTILLA CHIPS SHREDDED LETTUCE CHEESE CUP SWEET POTATO FRIES STRAWBERRIES CHOICE OF MILK	11 CHICKEN FAJITA BROWN RICE w/gravy WW DINNER ROLL BROCCOLI FRESH ORANGE CHOICE OF MILK	12 CHOICE OF BIG DADDY PIZZA ROMAINE LETTUCE CARROTS STICKS CHOICE OF DRESSING FRUIT JUICE CHOICE OF MILK	13 MEATBALL SUB WW Hot Dog Bun GLAZED CARROTS CHOICE OF FRUIT CHOICE OF MILK	14 GOOD FRIDAY DISTRICT CLOSED
17 CALZONE KRINKLE CUT FRIES STRAWBERRIES CHOICE OF MILK	18 POPCORN CHICKEN MASHED POTATOES WHOLE KERNEL CORN FRESH APPLE CHOICE OF MILK	19 CHOICE OF BIG DADDY PIZZA ROMAINE LETTUCE CARROTS STICKS CHOICE OF DRESSING FRUIT JUICE CHOICE OF MILK	20 ROTINI BAKE w/ MEATSAUCE WW DINNER ROLL BROCCOLI FRESH ORANGE CHOICE OF MILK	21 RIB B QUE WW/ BUN BAKED BEANS FRESH APPLE CHOICE OF MILK
24 HOT DOG ON WHOLE WHEAT BUN CURLY FRIES FRESH APPLE CHOICE OF MILK	25 BBQ CHICKEN WRAP POTATOE WEDGE CELERY STICKS RANCH DRESSING DICED PEARS CHOICE OF MILK	26 CHOICE OF BIG DADDY PIZZA ROMAINE LETTUCE CARROTS STICKS CHOICE OF DRESSING FRUIT JUICE CHOICE OF MILK	27 CHICKEN NUGGETS W/ BAKED BEANS FRESH APPLE BBQ SAUCE RANCH DRESSING CHOICE OF MILK	28 TACO W/TORTILLA CHIPS SHREDDED LETTUCE CHEESE CUP SWEET POTATO FRIES STRAWBERRIES CHOICE OF MILK

News

**SCHOOL REOPENS
APRIL 3RD.**

**APRIL 14TH IS
GOOD FRIDAY
DISTRICT IS CLOSED**



Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, 2D.C.20250-9410 or call toll free 866/632/9932(voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through Federal Relay service at 800/877-8339, or 800/845-6136 (Spanish). USDA is an equal opportunity provider and employer.