



MAY | 2017

Heritage Middle/Shaw High Schools

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 1 WG ASSORTED CEREAL WG GRAHAM CRACKERS ORANGE JUICE FRUIT CHOICE CHOICE OF MILK | 2 BAGEL W/ CHEESE & SAUSAGE APRICOT CUP GRAPE JUICE CHOICE OF MILK | 3 WG PANCAKES ORANGEJUICE FRESH APPLE CHOICE OF MILK | 4 WG MINI BAGEL W/CREAM CHEESE CHOICE OF FRUIT CUP ORANGE JUICE CHOICE OF MILK | 5 WG CINNAMON BUN CHOICE OF FRUIT ORANGE JUICE CHOICE OF MILK |
| 8 WG NUTRIGRAN BAR CHEESE STICK ORANGE JUICE FRUIT CHOICE CHOICE OF MILK | 9 EGG & CHEESE BAGEL FRESH APPLE FRUIT JUICE CHOICE OF MILK | 10 WG FRENCH TOAST CINNAMON APPLESAUCE GRAPEJUICE CHOICE OF MILK | 11 WG WAFFLES CHOICE OF FRUIT APPLE JUICE CHOICE OF MILK | 12 WG ASSORTED CEREAL WG GRAHAM CRACKERS ORANGE JUICE FRUIT CHOICE CHOICE OF MILK |
| 15 WG ASSORTED CEREAL WG GRAHAM CRACKERS ORANGE JUICE FRUIT CHOICE CHOICE OF MILK | 16 BAGEL W/ CHEESE & SAUSAGE APRICOT CUP GRAPE JUICE CHOICE OF MILK | 17 WG PANCAKES ORANGEJUICE FRESH APPLE CHOICE OF MILK | 18 WG MINI BAGEL W/CREAM CHEESE CHOICE OF FRUIT CUP ORANGE JUICE CHOICE OF MILK | 19 WG CINNAMON BUN CHOICE OF FRUIT ORANGE JUICE CHOICE OF MILK |
| 22 WG NUTRIGRAN BAR CHEESE STICK ORANGE JUICE FRUIT CHOICE CHOICE OF MILK | 23 EGG & CHEESE BAGEL FRESH APPLE FRUIT JUICE CHOICE OF MILK | 24 WG FRENCH TOAST CINNAMON APPLESAUCE GRAPEJUICE CHOICE OF MILK | 25 WG WAFFLES CHOICE OF FRUIT APPLE JUICE CHOICE OF MILK | 26 No School for Students |
| 29 Memorial Day District Closed | 30 BAGEL W/ CHEESE & SAUSAGE APRICOT CUP GRAPE JUICE CHOICE OF MILK | 31 WG ASSORTED CEREAL WG GRAHAM CRACKERS ORANGE JUICE FRUIT CHOICE CHOICE OF MILK | | |

News

Friday May 26, 2017
No School for Students.

Monday May 29, 2017
Memorial Day
District Closed.

Wednesday May 31, 2017
Last Day of School for Students.

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



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HERRITAGE MIDDLE/SHAW HIGH SCHOOLS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 1 HOT DOG ON WHOLE WHEAT BUN CURLY FRIES FRESH APPLE CHOICE OF MILK | 2 TACO W/TORTILLA CHIPS SHREDDED LETTUCE CHEESE CUP SWEET POTATO FRIES STRAWBERRIES CHOICE OF MILK | 3 CHOICE OF BIG DADDY PIZZA ROMAINE LETTUCE CARROTS STICKS CHOICE OF DRESSING FRUIT JUICE CHOICE OF MILK | 4 BBQ CHICKEN WRAP BAKED BEANS CELERY STICKS RANCH DRESSING FRUIT COCKTAIL CHOICE OF MILK | 5 Sloppy Joe Whole Wheat Bun GLAZED CARROTS CHOICE OF FRUIT Choice of Milk |
| 8 CRISPY CHICKEN TENDERS WAFFLES APRICOT CUP APPLE JUICE SYRUP CHOICE OF MILK | 9 MEATBALL SUB WW Hot Dog Bun GLAZED CARROTS CHOICE OF FRUIT CHOICE OF MILK | 10 CHOICE OF BIG DADDY PIZZA ROMAINE LETTUCE CARROTS STICKS CHOICE OF DRESSING FRUIT JUICE CHOICE OF MILK | 11 CHICKEN FAJITA BROWN RICE w/gravy WW DINNER ROLL BROCCOLI FRESH ORANGE CHOICE OF MILK | 12 MACARONI & CHEESE CHICKEN NUGGETS BROCCOLI FRESH ORANGE CHOICE OF MILK |
| 15 CALZONE KRINKLE CUT FRIES STRAWBERRIES CHOICE OF MILK | 16 POPCORN CHICKEN MASHED POTATOES WHOLE KERNEL CORN FRESH APPLE CHOICE OF MILK | 17 CHOICE OF BIG DADDY PIZZA ROMAINE LETTUCE CARROTS STICKS CHOICE OF DRESSING FRUIT JUICE CHOICE OF MILK | 18 ROTINI BAKE w/ MEATSAUCE WW DINNER ROLL BROCCOLI FRESH ORANGE CHOICE OF MILK | 19 RIB B QUE WW/ BUN BAKED BEANS FRESH APPLE CHOICE OF MILK |
| 22 HOT DOG ON WHOLE WHEAT BUN CURLY FRIES FRESH APPLE CHOICE OF MILK | 23 BBQ CHICKEN WRAP POTATOE WEDGE CELERY STICKS RANCH DRESSING DICED PEARS CHOICE OF MILK | 24 CHOICE OF BIG DADDY PIZZA ROMAINE LETTUCE CARROTS STICKS CHOICE OF DRESSING FRUIT JUICE CHOICE OF MILK | 25 CHICKEN NUGGETS W/ BAKED BEANS FRESH APPLE BBQ SAUCE RANCH DRESSING CHOICE OF MILK | 26 No School for Students |
| 29 Memorial Day District Closed | 30 CRISPY CHICKEN TENDERS WAFFLES APRICOT CUP APPLE JUICE SYRUP CHOICE OF MILK | 31 CHOICE OF BIG DADDY PIZZA ROMAINE LETTUCE CARROTS STICKS CHOICE OF DRESSING FRUIT JUICE CHOICE OF MILK | | |

News

**Friday May 26, 2017
No School for Students.**

**Monday May 29, 2017
Memorial Day
District Closed.**

**Wednesday May 31,
2017
Last Day of School for
Students.**

**Heritage Summer
School June 5th-July 14**

**Shaw Summer School
June 19th-July 28th**

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