



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		

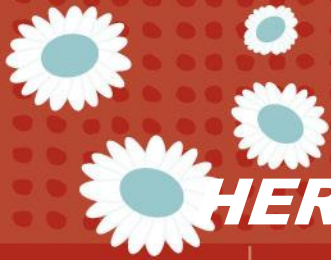
News

**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



MAY | 2017

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

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

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

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