

# HERITAGE & LIBERTY ELEMENTARY 2018-2019 LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1	Chicken Tenders Meatball Subs Corn Romaine Salad Choice of Fruit Milk	Corn Dog Buffalo Chicken Wrap Green Beans Fresh Veggies Choice of Fruit Milk	Chicken Noodles Chicken Rings Mashed Potatoes Romaine Salad Choice of Fruit Milk	Hamburger w/ Toppings Grill Chicken Sand Sunshine Slushy Fresh Veggies Choice of Fruit Milk	Stuffed Crust Pizza Ham & Cheese Sand Steamed Broccoli Romaine Salad Choice of Fruit Milk
WEEK #2	Breakfast for Lunch Cinn French Toast Sausage Hash brown Choice of Juice Milk	Fish Sandwich Popcorn Chicken Buttered Carrots Fresh Veggies Choice of Fruit Milk	Mac & Cheese Cheese Quesadilla Steamed Broccoli Romaine Salad Choice of Fruit Milk	Vik-Rib Sandwich Shredded Chicken Sandwich Oven Fries Fresh Veggies Choice of Fruit Milk	Pepperoni Calzone Philly Fold over Mixed Vegetables Romaine Salad Choice of Fruit Milk
WEEK #3	Taco Bowl Beef & Cheese Burrito Refried Beans Romaine Salad Choice of Fruit Milk	Boneless Wings BBQ, Buffalo, Plain Sweet Potato Fries Fresh Veggies Choice of Fruit Milk	Spaghetti & Meat sauce Hot Dog on Bun California Medley Romaine Salad Choice of Fruit Milk	Chili w/ Bosco Stick BBQ Chicken Sand Corn Cobbett Fresh Veggies Choice of Fruit Milk	Personal Cheese Pizza Sausage Sandwich Green Beans Romaine Salad Choice of Fruit Milk
WEEK #4	Chicken Nuggets BBQ Pork Sandwich Steamed Broccoli Romaine Salad Choice of Fruit Milk	Chilled Chicken Wrap Smoked Sausage Sandwich Baked Beans Fresh Veggies Choice of Fruit Milk	Chicken Pasta Alfredo Chicken Sticks Peas Romaine Salad Choice of Fruit Milk	Cheeseburger Spicy Chicken Sand Smiley Fries Fresh Veggies Choice of Fruit Milk	"School Pizza" Fish Sticks Cheesy Cauliflower Romaine Salad Choice of Fruit Milk
WEEK #5	Fruit Filled Pancake Fold over Sausage Links Fresh Veggies Milk	Loaded Wedges Soft Pretzel w/ Cheese Potato Wedges Fresh Veggies Choice of Fruit Milk	Johnny Marzette Buffalo Bites Green Beans Romaine Salad Choice of Fruit Milk	Sloppy Joe Sand Toasted Cheese Sandwich Tomato Soup Fresh Veggies Choice of Fruit Milk	Specialty Pizza Breaded Chicken Sandwich California Medley Romaine Salad Choice of Fruit Milk



\*Parents are encouraged to pre-pay for meals. Visit <http://myschoolbucks.com> to set up your account and make payments.

\*Free & reduced price lunch application are available in the school office or apply online at [www.rvk12.org](http://www.rvk12.org)

\*Students will be allowed to charge their lunch if they forget lunch money or their account balance is low. However, it is expected that the charge be paid the next day.

### MENU SUBJECT TO CHANGE

- 2Hr Delay Menu**
- Mini Corn Dogs**
- Chicken Taquitas**
- Choice of Hot Side**
- Romaine Salad**
- Choice of Fruit**
- Milk**

### PRICES

- Lunch..... \$2.60**
- Reduced..... \$0.40**
- Extra Milk..... \$0.50**

### Special Lunch Events

SEPT. 21th	Apple Season is Here! A meal centered around Apples
OCT. 18th	Celebrate Ohio's Harvest! Everything served today is from OHIO.
NOV. 20th	Happy Thanksgiving! Pilgrims Feast... GOBBLE-GOBBLE
DEC. 17th	Happy Holidays! Enjoy Festive Shaped Nuggets and Holiday Cookies
JAN. 7th	Let's Have a Soup-er Year! Chicken Noodle, Vegetable Beef, or Tomato??
FEB. 8th	Celebrate your Sweet Side! Special Desserts Served at Lunch

This institution is an Equal Opportunity Provider. For more nutritional information please visit <http://rvk12.org>

Follow the menu with its calendar day. Each week is represented by a color and represents a 5-week cycle menu.

SEPTEMBER						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

OCTOBER						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JANUARY						
S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

MARCH						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				