

Please make sure your grade level group is correct on your menu and input your counts to the left of each meal you want to order. Please refer to bottom of menu for menu selection policies.



School Name:

September 2023 HEAT On-Site Menu

Last Updated: 6/29/2023

At 11:11 am

Grades: 9 - 12	September 2023 HEAT On-Site Menu									
Week 1 Options	Red & Orange		Dark Green		Beans & Peas		Starchy		Other Veggies	
	9/4/2023		9/5/2023		9/6/2023		9/7/2023		9/8/2023	
Breakfast					185	Banana Muffin				
Breakfast			185	Trix & WG Crackers			180	Coco Puffs & WG Crackers	185	Blueberry Muffin
Hot Meal			140	Chicken Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)	105	Fresco Chicken Bowl w/spanish rice, black beans (1/2c) & corn (1/2c)	200	Hamburger w/tater tots (1c)		
Hot Meal	NO SCHOOL		135	Chicken Teriyaki Bowl w/brown rice (1c) & steamed broccoli & carrots (1c)	105	Green Chicken Enchiladas w/pinto beans (1c)	85	Turkey Hot Dog on a Bun w/whole kernel corn (1c)	27	Cheese Pizza Boxes
Hot Vegetarian									30	Pepperoni Pizza Boxes
Cold Meal										
Cold Pastas										
Cold Vegetarian										
Daily Salad			75	Santa Fe Chicken Salad with a Wheat Dinner Roll	140	Caesar Chicken Salad with a Wheat Dinner Roll	65	Chef Turkey & Ham Salad with a Wheat Dinner Roll		
Snack										
NOTES										
B										
Week 2 Options	Red & Orange		Dark Green		Beans & Peas		Starchy		Other Veggies	
	9/11/2023		9/12/2023		9/13/2023		9/14/2023		9/15/2023	
Breakfast					185	Strawberry Muffin				
Breakfast	185	Banana Muffin	190	Cinnamon Toast Crunch & WG Crackers			190	Multi Grain Cheerios & WG Crackers		
Hot Meal	260	Breaded Chicken Patty on a HB Bun w/carrot sticks (1c)			250	Beef & Cheese Nachos w/refried pinto beans (1c)	295	Beef & Bean Chili (1c) w/dinner roll & whole kernel corn (1/2c)		
Hot Meal	90	Hawaiian Chicken w/brown rice (1c) & steamed carrots (1c)	95	Teriyaki Chicken Chow Mein Bowl w/steamed broccoli & carrots (1c)						NO SCHOOL
Hot Vegetarian			190	Vegetarian Lasagna w/steamed broccoli & carrots (1c)	60	Three Cheese Mac & Cheese w/bbq baked beans (1c)				
Cold Meal										
Cold Meal										
Cold Vegetarian										
Daily Salad			65	Santa Fe Chicken Salad with a Wheat Dinner Roll	50	Caesar Chicken Salad with a Wheat Dinner Roll	60	Chef Turkey & Ham Salad with a Wheat Dinner Roll		
Snack										
NOTES										
C										
Week 3 Options	Red & Orange		Dark Green		Beans & Peas		Starchy		Other Veggies	
	9/18/2023		9/19/2023		9/20/2023		9/21/2023		9/22/2023	
Breakfast	190	Coffee Cinnamon Crumble			190	Blueberry Muffin				
Breakfast			185	Coco Puffs & WG Crackers			190	Rice Chex & WG Crackers	190	Banana Muffin
Hot Meal	300	Cheeseburger w/carrot sticks (1c)	180	Beef Marinara Baked Ziti Bowl w/steamed broccoli & carrots (1c)	300	Chicken Nuggets w/dinner roll & bbq baked beans (1c)	100	Chicken, Rice & Bean Burrito w/whole kernel corn (1/2c)		



Hot Meal			50	Mongolian Chicken Bowl w/brown rice (1c) & steamed broccoli & carrots (1c)					27	Cheese Pizza Boxes
Hot Vegetarian									30	Pepperoni Pizza Boxes
Cold Meal	50	Ham and Cheese Panini w/carrot sticks (1c)	60	Ham & Cheese Sandwiches Bag for field trip			190	Italian Turkey, Ham & Cheese Hoagie Sandwich w/bbq corn salad (1c)		
Cold Pastas										
Cold Vegetarian										
Daily Salad			60	Santa Fe Chicken Salad with a Wheat Dinner Roll	60	Caesar Chicken Salad with a Wheat Dinner Roll	70	Chef Turkey & Ham Salad with a Wheat Dinner Roll		
Snack										
NOTES										
D										
Week 4 Options	Red & Orange		Dark Green		Beans & Peas		Starchy		Other Veggies	
	9/25/2023		9/26/2023		9/27/2023		9/28/2023		9/29/2023	
Breakfast					190	Coffee Cinnamon Crumble			190	Mexican Concha
Breakfast	190	Strawberry Muffin	185	Trix & WG Crackers			190	Multi Grain Cheerios & WG Crackers		
Hot Meal	60	Teriyaki Chicken Chow Mein Bowl w/steamed carrots (1c)	145	Chicken Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)	70	Turkey Hot Dog on a Bun w/bbq baked beans (1c)	340	Chicken & Waffles w/mashed potatoes (1c)	27	Cheese Pizza Boxes
Hot Meal	300	Hamburger w/carrot sticks (1c)	145	Hawaiian Chicken w/brown rice (1c) & steamed broccoli & carrots (1c)	250	Chicken Tinga Nachos w/refried pinto beans (1c)			30	Pepperoni Pizza Boxes
Hot Vegetarian										
Cold Meal										
Cold Pastas										
Cold Vegetarian										
Daily Salad			70	Santa Fe Chicken Salad with a Wheat Dinner Roll	70	Caesar Chicken Salad with a Wheat Dinner Roll	50	Chef Turkey & Ham Salad with a Wheat Dinner Roll		
Snack										
NOTES										
E										

Orders not submitted before the 5 business day deadline will receive meals selected by their client representative. Meal changes and cancelations must be given within 5 business days. Order counts may be changed within a 2 business day notice. At least 80% of weekly grains/breads are whole grain rich. Fruits are subject to change depending on availability of product. All breakfast, lunches and suppers are served with milk and fruit. Snack is served with milk. Menu subject to change. Menu items may change due to national supply chain issues including limited food availability, staff shortages, distribution issues, inflationary prices and/or other challenges.