

February 2020

Heritage High School

LUNCH



School Information:
Heidi Ellingson
email ellingson@luhsd.net
phone (925) 634-0037 x6923



Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.
Reference: USDA MyPlate

Monday

Cheeseburger W/Fries

3

Tuesday

Patriot Burrito

4

Wednesday

Grilled ham and Cheese
w/chips

5

Thursday

Orange Chicken Rice Bowl

6

Friday

Chili Beans w/Corn Bread

7

Cheeseburger W/Fries

10

Patriot Burrito

11

Grilled ham and Cheese
w/chips

12

Orange Chicken Rice Bowl

13

HOLIDAY

14

HOLIDAY

17

Patriot Burrito

18

Grilled ham and Cheese
w/chips

19

Orange Chicken Rice Bowl

20

Chili Beans w/Corn Bread

21

Cheeseburger W/Fries

24

Patriot Burrito

25

Grilled ham and Cheese
w/chips

26

Orange Chicken Rice Bowl

27

Chili Beans w/Corn Bread

28

