January 2020

Heritage High School





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Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Break	Winter Break 2	Winter Break 3
Cheeseburger W/Fries 6	Bean and Cheese Burrito 7	Chicken Alfredo w/Bread 8 Stick	Orange Chicken Rice Bowl 9	Popcorn Chicken Bowl 10
Cheeseburger W/Fries 13	Bean and Cheese Burrito 14	Chicken Alfredo w/Bread Stick	Orange Chicken Rice Bowl 16	Turkey and Mashed Potatoes
Holiday 20	Bean and Cheese Burrito 21	Chicken Alfredo w/Bread Stick	Orange Chicken Rice Bowl 23	Turkey and Mashed Potatoes MIN. DAY
Cheeseburger W/Fries 27	Bean and Cheese Burrito 28	Chicken Alfredo w/Bread Stick	Orange Chicken Rice Bowl 30	Turkey and Mashed Potatoes