

AUGUST 2023

HERITAGE HIGH SCHOOL

BREAKFAST



School Information:

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Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



MONDAY

All Meals come with choice of NF chocolate or LF plain milk and fruit and/or Juice.
Based on Availability

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cereal

1

Cinnamon Crumble

2

Bagel W/Cream Cheese

3

Buttermilk Bars

4

Chocolate Donuts

7

Fresh Baked Cinnamon Roll

8

Cinnamon Crumble

9

Bagel W/Cream Cheese

10

Buttermilk Bars

11

Chocolate Donuts

14

Fresh Baked Cinnamon Roll

15

Cinnamon Crumble

16

Bagel W/Cream Cheese

17

Buttermilk Bars

18

Chocolate Donuts

21

Fresh Baked Cinnamon Roll

22

Cinnamon Crumble

23

Bagel W/Cream Cheese

24

Buttermilk Bars

25

Chocolate Donuts

28

Fresh Baked Cinnamon Roll

29

Cinnamon Crumble

30

Bagel W/Cream Cheese

31