

RED RAIDER CAFE



Heritage Middle School

SAVE Some Cash! **What's for LUNCH!** **Your BEST Deal!**

Make it a combo!

Choose an entrée with...

1 Fruit and 1 Veggie and 1 Side Salad
(or Specialty Salad with 1 Fruit)

+ your favorite flavor of fat-free Milk

Only \$3.25

(Adult lunch combo, milk not included ... \$3.50)

- Monday**
IN A BOWL
- Tuesday**
MEXICAN
- Wednesday**
PASTA BAR
- Thursday**
ON A BUN
- Friday**
FLASHBACK

Also Available ... Pizza, Chicken Sandwiches, Salads, Wraps, Garden Burgers and other entrées

Want More? A La Carte Pricing Applies

A La Carte Items . . . not all items are available at all locations

<p>Featured Entrée of the Day.....\$3.00</p> <p>Deli, Wrap, Sub Sandwiches.....\$3.00</p> <p>Chicken Sandwich.....\$3.00</p> <p>Pizza.....\$3.00</p> <p>Specialty Salads.....\$3.25 (Includes Chicken, Taco, Chef, Grilled Chicken, Cheese)</p> <p>Peanut Butter & Jelly double pack.....\$3.00</p> <p>Side Items.....\$1.25</p> <p>Banana Bread.....\$1.25</p> <p>Soft Pretzel.....\$.75</p> <p>Whole Fruit.....\$.75</p>	<p>Fruit by the Foot / Fruit Snacks.....\$.75</p> <p>Bagged Snacks.....\$.75 / \$1.00</p> <p>Bagged Snacks mini.....\$.50 (Animal Crackers, Goldfish, Grahams)</p> <p>Granola Bar.....\$.50</p> <p>String Cheese / Cheese Cup.....\$.50</p> <p>Bread Stick / Mini Apple Loaf / Roll.....\$.50</p> <p>Rice Krispy Treat.....\$.50</p> <p>P.B. Cup.....\$.50</p> <p>Extra Salad Dressing large packet.....\$.50</p>
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Want More Nutritional Info?
Nutritional information on all food offered is available at www.pcls.net on the "Nutrition Services Department" page.



Engaging All Students Today
For Tomorrow's World

Nutrition Services
2018-2019 School Year