

THE HEIGHTS HOT LUNCH MENU

FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	SALAD	SALAD	SALAD	SALAD
&	&	&	&	&
SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
BURGERS Or Cheeseburgers Chips Fresh Fruit / Dessert	4 KEBAB Chicken with Veggies Rice, Hummus Fresh Fruit/ Dessert	PASTA Chicken Alfredo Fresh Baked Bread Fresh Fruit / Dessert	6 CHICKEN QUESADILLAS Chips & Salsa Fresh Fruit / Dessert	7 CROISSANTS Ham & Cheese, Cheese Sweet Potato Wedges Fresh Fruit / Dessert
10 MEATBALL SUB Chips Salad Fresh Fruit / Dessert	11 CHICKEN & MAC All White Meat Tenders Mac & Cheese Fresh Fruit / Dessert	PASTA PASTA Meatballs Fresh Baked Bread Fresh Fruit / Dessert	13 BEEF BURRITOS Chips & Salsa Fresh Fruit / Dessert	14 NO LUNCH
17 NO LUNCH	PASTA Chicken Rose Fresh Baked Bread Fresh Fruit / Dessert	19 CHICKEN QUESADILLAS Chips & Salsa Fresh Fruit / Dessert	20 CROISSANTS Ham & Cheese, Cheese Sweet Potato Wedges Fresh Fruit / Dessert	21 TERIYAKI CHICKEN Fried Rice Fresh Fruit/Dessert
24 SLOPPY JOE Potato Chips Fresh Fruit/Dessert	PASTA Chicken Alfredo Fresh Baked Bread Fresh Fruit / Dessert	26 CRISPY BEEF TACOS Rice& Fixings Fresh Fruit / Dessert	BURGERS Or Cheeseburgers Chips Fresh Fruit / Dessert	28 CHICKEN & MAC All White Meat Tenders Mac & Cheese Fresh Fruit / Dessert