



Back to School

Heartland Community Schools
August 2019

				2
5	6	7	8	9
12	13	14 Variety Breakfast FIRST DAY OF SHOOOL NO LUNCH	15 Pancake Wrap Chicken Patty Sandwich French Fries Steamed Peas	16 Chocolate Chip French Toast Spaghetti Garlic Bread Green Beans
19 Mini Pancakes Hotdog Baked Beans Steamed Broccoli	20 Tornado Tater Tot Casserole Green Beans Dinner Roll	21 Waffles Sloppy Joe French Fries Slushies	22 Cherry Frudel Pizza Steamed Corn Slushies	23 Breakfast Pizza Chicken Strips Tri Tater Steamed Peas
26 Sausage & Biscuit Tacos Long John Steamed Corn	27 Long John Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	28 Muffin & Yogurt French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater	29 Egg & Cheese Biscuit Spaghetti Garlic Bread Green Beans	30 Cinnamon Roll Teriyaki Chicken Steamed Broccoli Brown Rice

All grains are whole grain rich.

Fresh Fruit and vegetable bar offered daily with lunch.

A variety of fruit and juice is offered daily with breakfast.

A variety of low-fat and fat-free milk is offered daily with breakfast and lunch.

Menu is subject to change without notice.

All beef is donated and locally raised.

