



# December 2018



**NOTES:**

All grains are whole grain rich.

Fresh fruit & vegetable bar offered daily with lunch.

A variety of fruit & 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.

This institution is an equal opportunity provider.

3

**Long John**

Deli Sandwich  
Chips  
Cookie

4

**Mini Pancakes**

Popcorn Chicken  
Scalloped Potatoes  
Steamed Peas

5

**Chicken & Biscuit**

Taco Salad  
Steamed Corn  
Mini Donuts

6

**Cherry Frudel**

Mini Corndogs  
Baked Beans  
Steamed Broccoli

7

**Pancake Wrap**

Baked Potato Bar  
Chicken Strips  
Muffin

10

**Waffles**

Roast Beef Sandwich  
Fries  
Slushies

11

**Egg & Cheese Tornado**

Pizza  
Steamed Corn  
Slushies

12

**Breakfast Pizza**

Teriyaki Chicken  
Steamed Broccoli  
Rice

13

**Chocolate Chip French Toast**

Pork Tenderloin  
Mashed Potatoes  
Gravy  
Dinner Roll

14

**Sausage & Biscuit**

Cheeseburger Mac & Cheese  
Steamed Broccoli  
Dinner Roll

17

**Muffin & Yogurt**

Chicken Strips  
French Fries  
Slushies

18

**Cinnamon Roll**

Max Cheese Sticks  
Marinara Sauce  
Steamed Peas

19

**Breakfast Pizza**

Pancake Day  
Sausage Links  
Tri Tater  
100% Juice

20

**Pancake Wrap**

Hotdog  
Baked Beans  
Steamed Broccoli

21

NO SCHOOL

24

25



26

NO SCHOOL

27

NO SCHOOL

28


NO SCHOOL



# HAPPY NEWYEAR

Heartland High School

# January 2019

	1  <b>NO SCHOOL</b>	2 <b>NO SCHOOL</b>	3 <b>Egg &amp; Cheese Biscuit</b>  Chicken Strips French Fries Slushies	4 <b>Waffles</b>  BBQ Meatballs Muffin Honey Glazed Carrots
7 <b>Pancake Wrap</b>  Chicken Patty Sandwich French Fries Steamed Peas	8 <b>Chocolate Chip French Toast</b>  Homemade Pizza Steamed Corn Slushies	9 <b>Breakfast Pizza</b>  Chicken Fried Steak Mashed Potatoes Gravy Dinner Roll	10 <b>Cherry Frudel</b>  Tacos Long John Steamed Corn	11 <b>Egg &amp; Cheese Tornado</b>  Chicken Alfredo Steamed Broccoli Dinner Roll
14 <b>Mini Pancake</b>  Grilled Cheese Tomato Soup Tri Tater	15 <b>Uncrustable</b>  Huskie Beef Hamburgers Baked Beans Slushie	16 <b>Long John</b>  Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	17 <b>Sausage &amp; Biscuit</b>  Sweet & Sour Chicken Steamed Broccoli Brown Rice	18 <b>Waffles</b>  Sloppy Joe French Fries Slushies
21 <b>Pancake Wrap</b>  Soft Chicken Tacos Black Bean Salsa Tortilla Chips Mini Cinnamon Donuts	22 <b>Cherry Frudel</b>  Tater Tot Casserole Green Beans Dinner Roll	23 <b>Egg &amp; Cheese Biscuit</b>  Popcorn Chicken Mashed Potatoes Gravy Dinner Roll	24 <b>Chocolate Chip French Toast</b>  Beef & Noodles Steamed Peas Dinner Roll	25 <b>Egg &amp; Cheese Tornado</b>  Pizza Steamed Corn Slushies
28 <b>Mini Pancake</b>  Chili OR Chicken Noodle Soup Cinnamon Roll Saltines	29 <b>Breakfast Pizza</b>  Pig in the Blanket Steamed Broccoli Baked Beans	30 <b>Chicken &amp; Biscuit</b>  Spaghetti Green Beans Garlic Bread	31 <b>Egg &amp; Cheese Biscuit</b>  Chicken Patty Sandwich French Fries Steamed Peas	

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