

Happy

Heartland High School

February 2019

Valentine's Day

				1 Cherry Frudel Tacos Long John Steamed Corn
4 Long John Teriyaki Chicken Steamed Broccoli Brown Rice	5 Pancake Wrap Roast Beef Sandwich French Fries Slushies	6 Waffles Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	7 Uncrustable French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater	8 Breakfast Pizza Deli Sandwich Chips Cookie
11 Chocolate Chip French Toast Chicken Fried Steak Mashed Potatoes Gravy Dinner Roll	12 Sausage & Biscuit Mini Corndogs Baked Beans Steamed Broccoli	13 Mini Pancakes Enchiladas Green Beans Muffin	14 Cinnamon Roll Popcorn Chicken Scalloped Potatoes Steamed Peas Dinner Roll	15 NO SCHOOL
18 NO SCHOOL	19 Apple Frudel Chicken Alfredo Steamed Broccoli Dinner Roll	20 Chicken & Biscuit Sloppy Joe French Fries Slushies	21 Egg & Cheese Tornado Pizza Steamed Corn Slushies	22 Waffles Fish Sticks Macaroni and Cheese Steamed Peas
25 Egg & Cheese Biscuit Spaghetti Green Beans Garlic Bread	26 Breakfast Pizza Taco Salad Steamed Corn Mini Donuts	27 Muffin & Yogurt Sweet & Sour Chicken Steamed Broccoli Brown Rice	28 Chocolate Chip French Toast Huskie Beef Hamburgers Chips Cookie	

NOTES:

All grains are whole grain rich.

Fresh fruit and vegetable bar is offered daily with lunch.

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

A variety of low-fat 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.

