



Heartland Community Schools January 2020

		1 NO SCHOOL 	2 NO SCHOOL	3 NO SCHOOL
6 NO SCHOOL	7 Breakfast Pizza Grilled Cheese Tomato Soup Tri Tater	8 Waffles Chicken Fajitas Green Beans Long John	9 Tornado  Spaghetti Garlic Bread Green Beans	10 Long John Sweet & Sour Chicken Steamed Broccoli Brown Rice
13 Chocolate Chip French Toast  Tacos Long John Steamed Corn	14 Egg & Cheese Biscuit Pork Tenderloin Mashed Potatoes Gravy Dinner Roll	15 Pancake Wrap French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater	16 Cinnamon Roll Chicken Nuggets Mashed Potatoes Gravy French Bread	17 Muffin & Yogurt  Sloppy Joe French Fries Slushies
20 Mini Pancakes Chicken Alfredo Steamed Broccoli Dinner Roll	21 Breakfast Pizza  Taco Salad Steamed Corn Mini Donuts	22 Waffles Sweet & Sour Chicken Steamed Broccoli Brown Rice	23 Sausage & Biscuit  Pizza Steamed Corn Slushies	24 Tornado Chicken Fried Steak Mashed Potatoes Gravy French Bread
27 Pancake Wrap Mini Corndogs Baked Beans Steamed Broccoli	28 Cherry Frudel  Chili Cinnamon Rolls Saltines	29 Pancake Wrap Chicken Patty Sandwich French Fries Steamed Peas	30 Chocolate Chip French Toast  Cheeseburger Mac & Cheese Steamed Broccoli Dinner Roll	31 Mini Pancakes  Enchilada Green Beans Muffin

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.

