



Heartland Community Schools
October 2019

	<p>1</p> <p>Chocolate Chip French Toast</p> <p>Pork Tenderloin Mashed Potatoes Gravy Dinner Roll</p>	<p>2</p> <p>Breakfast Pizza</p> <p>Hamburger Chips Slushies</p>	<p>3</p> <p>Mini Pancakes</p> <p>Chicken Alfredo Steamed Broccoli Dinner Roll</p>	<p>4</p> <p>Long John</p> <p>Baked Potato Bar Chicken Strips Muffin</p>
<p>7</p> <p>Sausage & Biscuit</p> <p>Tacos Long John Steamed Corn</p>	<p>8</p> <p>Tornado</p> <p>Chicken Nuggets Mashed Potatoes Gravy Dinner Roll</p>	<p>9</p> <p>Cherry Frudel</p> <p>French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater</p>	<p>10</p> <p>Pancake Wrap</p> <p>Spaghetti Garlic Bread Green Beans</p>	<p>11</p> <p>NO SCHOOL</p>
<p>14</p> <p>Waffles</p> <p>Grilled Hotdog Baked Beans Steamed Broccoli</p>	<p>15</p> <p>Egg & Cheese Biscuit</p> <p>Tater Tot Casserole Green Beans Dinner Roll</p>	<p>16</p> <p>Cinnamon Roll</p> <p>Sloppy Joe French Fries Slushies</p>	<p>17</p> <p>Chocolate Chip French Toast</p> <p>Pizza Steamed Corn Slushies</p>	<p>18</p> <p>Breakfast Pizza</p> <p>Chicken Strips French Fries Dinner Roll Slushies</p>
<p>21</p> <p>Long John</p> <p>Chili or Chicken Noodle Cinnamon Rolls Saltines</p>	<p>22</p> <p>Muffin & Yogurt</p> <p>Sweet & Sour Chicken Steamed Broccoli Brown Rice</p>	<p>23</p> <p>Mini Pancakes</p> <p>Cheeseburger Mac & Cheese Steamed Broccoli Dinner Roll</p>	<p>24</p> <p>Apple Frudel</p> <p>Mini Corndogs Baked Beans Steamed Broccoli</p>	<p>25</p> <p>Waffles</p> <p>Beef & Noodles Dinner Rolls Green Beans</p>
<p>28</p> <p>Tornado</p> <p>Sloppy Joe French Fries Slushies</p>	<p>29</p> <p>Pancake Wrap</p> <p>Chicken Fried Steak Mashed Potatoes Gravy Dinner Roll</p>	<p>30</p> <p>Egg & Cheese Biscuit</p> <p>Chicken Fajitas Green Beans Long John</p>	<p>31</p> <p>Chocolate Chip French Toast</p> <p>Grilled Cheese Sandwich Tomato Soup Tri Tater</p>	

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.

