

Heartland Community Schools December 2017

All Grains are Whole Grain Rich.

Fresh Fruit and Vegetable Bar Offered Daily with Lunch.

A Variety of Fruit and Juice are offered Daily with Breakfast.

A Variety of Low Fat and Fat Free Milk is Offered Daily with Breakfast and Lunch.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Egg & Cheese Biscuit 4</p> <p>CHICKEN STRIPS FRENCH FRIES 100% JUICE SLUSHIE</p>	<p>Sausage Biscuit 11</p> <p>CHICKEN PATTY ON BUN FRENCH FRIES STEAMED PEAS</p>	<p>Chicken & Biscuit 18</p> <p>GRILLED HAM & CHEESE SANDWICH TOMATO SOUP TRI TATER</p>	<p>NO SCHOOL MERRY CHRISTMAS</p>
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<p>Egg Tac Go 5</p> <p>BBQ MEATBALLS STEAMED PEA BLUEBERRY MUFFIN</p>	<p>Mini Pancakes 12</p> <p>HOMEMADE PIZZA STEAMED CORN 100% JUICE SLUSHIE</p>	<p>Breakfast Pizza 13</p> <p>CHICKEN FRIED STEAK MASHED POTATOES W/ GRAVY HOMEMADE DINNER ROLL</p>	<p>Breakfast Pizza 20</p> <p>CHICKEN NUGGETS MASHED POTATOES W/GRAVY HOMEMADE DINNER ROLL</p>
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<p>Pancake Wrap 6</p> <p>FRENCH TOAST STICKS W/ SYRUP SAUSAGE & EGG TRI TATER 100% JUICE</p>	<p>Chocolate Chip French Toast 7</p> <p>SPAGHETTI GARLIC BREAD GREEN BEANS</p>	<p>Egg & Cheese Tornadoes 14</p> <p>BEEF TACOS STEAMED CORN LONG JOHN</p>	<p>Frudels 21</p> <p>PANCAKE DAY SAUSAGE LINKS 100% JUICE TRI TATERS</p>
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<p>Cinnamon Rolls</p> <p>CHEESEBURGER MA & CHEESE STEAMED BROCCOLI HOMEMADE DINNER ROLL</p>	<p>Long Johns</p> <p>GRILLED HOTDOG STEAMED BROCCOLI BAKED BEANS</p>	<p>Muffin & Yogurt</p> <p>CHICKEN ALFREDO STEAMED BROCCOLI HOMEMADE DINNER ROLL</p>	<p>Cinnamon Rolls</p> <p>SLOPPY JOE FRENCH FRIES 100% JUICE SLUSHIE</p>
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<p>NO SCHOOL MERRY CHRISTMAS</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>
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