

Heartland Community Schools October 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.

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| <p>Sausage Biscuit 2</p> <p>CHICKEN PATTY ON A BUN FRENCH FRIES STEAMED PEAS</p> | <p>Mini Pancakes 3</p> <p>HOMEMADE PIZZA STEAMED CORN 100% JUICE</p> | <p>Breakfast Pizza 4</p> <p>CHICKEN FRIED STEAK MASTED POTATOES WITH GRAVY DINNER ROLL</p> | <p>Egg and Cheese Tornadoes 5</p> <p>LOCAL BEEF TACOS STEAMED CORN REFRIED BEANS LONG JOHN</p> | <p>Muffin and Yogurt 6</p> <p>CHICKEN ALFREDO STEAMED BROCCOLI FRESH BAKED ROLL</p> |
| <p>Chicken and Biscuit 9</p> <p>GRILLED HAM & CHEESE SANDWICH TOMATO SOUP TRI TATERS</p> | <p>Waffles 10</p> <p>LOCAL BEEF HAMBURGER FRENCH FRIES 100% JUICE SLUSHIE</p> | <p>Breakfast Bosco 11</p> <p>CHICKEN NUGGETS MASHED POTATOES WITH GRAVY HOMEMADE DINNER ROLL</p> | <p>Frudels 12</p> <p>SWEET AND SOUR CHICKEN BROWN RICE STEAMED BROCCOLI</p> | <p>13</p> <p>NO SCHOOL</p> |
| <p>Egg and Cheese Biscuit 16</p> <p>CHICKEN SOFT TACO BLACK BEAN SALSA TORTILLA CHIPS</p> | <p>Un crustables 17</p> <p>TATER TOT CASSEROLE HOMEMADE DINNER ROLL STEAMED GREEN BEANS</p> | <p>Pancake Wrap 18</p> <p>HOT BEEF SANDWICH MASHED POTATOES WITH GRAVY STEAMED CORN</p> | <p>Chocolate Chip French Toast 19</p> <p>POPCORN CHICKEN SCALLOPED POTATOES STEAMED PEAS</p> | <p>Long Johns 20</p> <p>BBQ MEATBALLS WHOLE GRAIN MUFFIN HONEY GLAZED CARROT</p> |
| <p>Sausage Biscuit 23</p> <p>CHILI FRESH BAKED CINNAMON ROLL STEAMED PEAS</p> | <p>Waffles 24</p> <p>BEEF AND NOODLES HOMEMADE DINNER ROLL STEAMED GREEN BEANS</p> | <p>Breakfast Bosco 25</p> <p>MINI CORN DOGS BAKED BEANS STEAMED BROCCOLI</p> | <p>Frudels 26</p> <p>CHICKEN PATTY ON A BUN FRENCH FRIES STEAMED PEAS</p> | <p>Muffin & Yogurt 27</p> <p>TACO SALAD STEAMED CORN MINI DONUT</p> |
| <p>NO SCHOOL 30</p> | <p>Waffles 31</p> <p>LOCAL SHREDDED BEEF ON HOAGIE BUN FRENCH FRIES 100% JUICE SLUSHIE</p> | <p>Breakfast Bosco 1</p> <p>TERIYAKI CHICKEN BROWN RICE STEAMED BROCCOLI</p> | <p>Frudels 2</p> <p>PORK TENDERLOIN ON A BUN MASHED POTATOES WITH GRAVY HOMEMADE DINNER ROLL</p> | <p>Cinnamon Roll 3</p> <p>CHEESEBURGER MAC & CHEESE HOMEMADE DINNER ROLL STEAMED BROCCOLI</p> |

