



Heartland High School October 2018

<p>1 Cherry Frudel Chicken Fajitas Green Beans Long John</p>	<p>2 Uncrustable Tater Tot Casserole Green Beans Dinner Roll</p> 	<p>3 Chocolate Chip French Toast Popcorn Chicken Scalloped Potatoes Steamed Peas</p>	<p>4 Breakfast Pizza Baked Potato Bar Chicken Strips Muffin</p>	<p>5 Egg & Cheese Tornado BBQ Meatballs Muffin Honey Glazed Carrots</p> 
<p>8 Long John Teriyaki Chicken Steamed Broccoli Brown Rice</p>	<p>9 Chicken & Biscuit Beef & Noodles Dinner Rolls Green Beans</p> 	<p>10 Waffles Enchiladas Green Beans Muffin</p> 	<p>11 Cinnamon Roll Chicken Patty Sandwich French Fries Steamed Peas</p>	<p>12 NO SCHOOL</p>
<p>15 Mini Pancakes Taco Salad Steamed Corn Mini Donuts</p> 	<p>16 Sausage & Biscuit Max Cheese Sticks Marinara Sauce Steamed Peas</p>	<p>17 Pancake Wrap Shredded Beef Sandwich French Fries Slushies</p> 	<p>18 Chocolate Chip French Toast Pork Tenderloin Mashed Potatoes & Gravy Dinner Roll</p>	<p>19 Long John Cheeseburger Mac and Cheese Steamed Broccoli Dinner Roll</p> 
<p>22 Egg & Cheese Biscuit Chicken Strips French Fries Slushies</p>	<p>23 Egg & Cheese Tornado Ham & Noodles Green Beans Dinner Roll</p>	<p>24 Waffles French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater</p>	<p>25 Sausage & Biscuit Spaghetti Garlic Bread Green Beans</p> 	<p>26 Cherry Frudel Hotdog Baked Beans Steamed Broccoli</p>
<p>29 Chocolate Chip French Toast Chili Cinnamon Rolls Saltines</p> 	<p>30 Chicken & Biscuit Mini Corndogs Baked Beans Steamed Broccoli</p>	<p>31 Breakfast Pizza Pizza Steamed Corn Slushies</p> 		

NOTES:

All gains are whole grain rich.

Fresh fruit and vegetable bare 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.



This institution is an equal opportunity provider.

