

Heartland Community Schools October Menu 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
2	3	4	5	6	7	8	
<p>All Grains are Whole Grain Rich.</p> <p>Fresh Fruit and Vegetable Bar Offered Daily with Lunch.</p> <p>A Variety of Fruit and Juice are offered Daily with Breakfast.</p> <p>A Variety of Low Fat and Fat Free Milk is Offered Daily with Breakfast and Lunch.</p>	WAFFLE HAMBURGERS FRENCH FRIES SLUSHIES	BREAKFAST BURRITO STEAK FINGERS MASHED POTATOES GRAVY HOMEMADE ROLL	EGG & BISCUIT TERIYAKI CHICKEN BROWN RICE STEAMED BROCCOLI	CHOCOLATE CHIP MUFFIN MAX CHEESE STICKS MARINARA SAUCE STEAMED PEAS	NO SCHOOL		
	10	11	12	13	14	15	
	CHICKEN BISCUIT PORK TENDERLOIN MASHED POTATOES/GRAVY HOMEMADE ROLL	CHOCOLATE CHIP FRENCH TOAST MINI CORN DOGS BAKED BEANS STEAMED BROCCOLI	PANCAKE WRAP ENCHILADAS GREEN BEANS BLUEBERRY MUFFINS	BREAKFAST BURRITO CHICKEN NUGGETS MASHED POTATOES/GRAVY HOMEMADE ROLL	MINI PANCAKES FISH STICKS MAC & CHEESE STEAMED PEAS		
	16	17	18	19	20	21	22
	SAUSAGE BISCUIT CHICKEN PATTY ON BUN FRENCH FRIES STEAMED PEAS	WAFFLES HOMEMADE PIZZA STEAMED CORN SLUSHIES	FRESH BAKED CINNAMON ROLLS CHICKEN FRIED STEAK MASHED POTATOES/GRAVY HOMEMADE ROLL	BREAKFAST PIZZA TACOS STEAMED CORN FROSTED LONG JOHNS	FROSTED LONG JOHNS CHICKEN ALFREDO STEAMED BROCCOLI HOMEMADE ROLL		
23	24	25	26	27	28	29	
	NO SCHOOL	EGG BISCUIT GOULASH STEAMED CORN HOMEMADE BREADSTICK	BREAKFAST BURRITO HOTDOGS BAKED BEANS STEAMED BROCCOLI	MINI PANCAKES BBQ MEATBALLS STEAMED PEAS BLUEBERRY MUFFINS	PANCAKE WRAP CHICKEN STRIPS BAKED POTATO BAR STEAMED BROCCOLI CORNBREAD		
30	31						
	CHOCOLATE CHIP FRENCH TOAST HOMEMADE CHILI FRESH BAKED CINNAMON ROLLS						