

Heartland Community Schools January Menu 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
<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>				BREAKFAST PIZZA GOULASH STEAMED CORN DINNER ROLL	FRENCH TOAST HOT DOG STEAMED BROCCOLI BAKED BEANS	
	9	10	11	12	13	14
	SAUSAGE BISCUIT CHICKEN PATTY ON BUN FRENCH FRIES STEAMED PEAS	WAFFLES PIZZA CORN SLUSHIES	CINNAMON ROLLS CHICKEN FRIED STEAK MASHED POTATOES/GRAVY FRESH BAKED ROLL	BREAKFAST PIZZA TACOS STEAMED CORN LONG JOHN	LONG JOHNS CHICKEN ALFREDO STEAMED BROCCOLI FRESH BAKED BREADSTICK	
15	16	17	18	19	20	21
	FRENCH TOAST HOMEMADE CHILI FRESH BAKED CINNAMON ROLLS	EGG BISCUIT SPAGHETTI BOSCO STICK GREEN BEANS	BREAKFAST BURRITO CORN DOGS BAKED BEANS STEAMED BROCCOLI	MINI PANCAKES BBQ MEATBALLS STEAMED PEAS BLUEBERRY MUFFIN	PANCAKE WRAP CHICKEN STRIPS BAKED POTATO BAR STEAMED BROCCOLI CORNBREAD	
22	23	24	25	26	27	28
	BREAKFAST BURRITO MAX CHEESE STICKS MARINARA DIP STEAMED PEAS	WAFFLES BEEF & NOODLES GREEN BEANS FRESH BAKED ROLL	CINNAMON ROLL TERIYAKI CHICKEN BROWN RICE STEAMED BROCCOLI	WAFFLES HAMBURGER ON BUN FRENCH FRIES SLUSHIES	CHOCOLATE CHIP MUFFIN/YOGURT TACO SALAD CORN MINI CINI DONUTS	
29	30	31				
	BREAKFAST PIZZA GRILLED CHEESE TOMATO SOUP TRI TATER	CHICKEN BISCUIT CHICKEN NUGGETS MASHED POTATOES/GRAVY FRESH BAKED ROLL				