






# Heartland Community Schools September 2023



				<b>1</b> <b>Chocolate Chip French Toast</b>  Taco Salad Steamed Corn Mini Donuts
<b>4</b> <b>NO SCHOOL</b> 	<b>5</b> <b>Long John</b> Pork Tenderloin Mashed Potatoes/Gravy Dinner Roll	<b>6</b> <b>Strawberry Bagel</b>  Pizza Steamed Corn Jello	<b>7</b> <b>Breakfast Pizza</b> Popcorn Chicken Scalloped Potatoes Dinner Roll Steamed Peas	<b>8</b> <b>Cinnamon Rolls</b>  Sloppy Joe French Fries Ice Cream
<b>11</b> <b>NO SCHOOL</b>	<b>12</b> <b>Egg &amp; Cheese Biscuit</b> Grilled Cheese Tomato Soup Tri Tater	<b>13</b> <b>Tornado</b>  Spaghetti Garlic Bread Steamed Corn	<b>14</b> <b>Mini Pancake</b>  Enchiladas Green Beans Fresh Baked Muffin	<b>15</b> <b>Cinnamon Bread Stick</b> BBQ Pork Sandwich Fries Ice Cream
<b>18</b> <b>Apple Frudel</b> Chicken Fried Steak Mashed Potatoes/Gravy French Bread	<b>19</b> <b>Pancake Wrap</b> Deli Sandwich Chips Cookie	<b>20</b> <b>Breakfast Pizza</b>  Crisпитos Nachos Steamed Broccoli	<b>21</b> <b>Chocolate Chip French Toast</b> Grilled Hotdog Baked Beans Green Beans	<b>22</b> <b>Sausage &amp; Biscuit</b> Chicken Nuggets Mashed Potatoes/Gravy Dinner Roll
<b>25</b> <b>Long John</b> Sweet & Sour Chicken Steamed Broccoli Brown Rice	<b>26</b> <b>Strawberry Bagel</b>  Tacos Long John Steam Corn	<b>27</b> <b>Tornado</b> Chicken Patty Sandwich Seasoned Fries Steamed Peas	<b>28</b> <b>Cereal</b>  Pizza Burgers Steamed Corn Jello	<b>29</b> <b>Strawberry Bagel</b> Chicken Alfredo Steamed Peas Dinner Roll

All grains are whole grain rich.

Fresh fruit and vegetable bar 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.

