



Heartland Community Schools

			1 Pancake Wrap Spaghetti Garlic Bread Green Beans	2 NO SCHOOL	All grains are whole grain rich. Fresh fruit and vegetable bar offered daily with
5 NO SCHOOL	6 Mini Pancakes BBQ Meatballs Cornbread Honey Glazed Carrots	7 Cinnamon Roll Chicken Fried Steak Mashed Potatoes Gravy Dinner Roll	8 Egg & Cheese Biscuit Chicken Patty Sandwich French Fries Steamed Peas	9 Cherry Frudel Pizza Steamed Corn Slushies	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.
12 Tornado Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	13 Coffee Cake Teriyaki Chicken Steamed Broccoli Brown Rice	14 Sausage & Biscuit Sloppy Joe French Fries Slushies	15 Waffles Tacos Long John Steamed Corn	16 Chocolate Chip French Toast Pizza Steamed Corn Slushies	Menu is subject to change without notice. All beef is donated and locally raised.
19 Long John Grilled Hotdog Baked Beans Steamed Broccoli	20 Pancake Wrap Taco Salad Steamed Corn Mini Donuts	21 Sausage & Biscuit Pork Tenderloin Mashed Potatoes Gravy Dinner Roll	22 Coffee Cake Crispitos Nachos Steamed Broccoli	23 Mini Pancakes Pizza Steamed Corn Slushies	
26 Strawberry Bagel Max Cheese Sticks Marinara Sauce Steamed Peas	27 Tornado French Dip Sandwich French Fries Green Beans	28 Waffles Baked Potato Bar Chicken Strips Muffin Steamed Broccoli	29 Chocolate Chip French Toast Chicken Strips French Fries Dinner Roll Slushies	30 Pancake Wrap Cheeseburger Mac & Cheese Steamed Broccoli Dinner Roll	

Heartland Community Schools is an equal opportunity provider,