



Heartland Community Schools August 2020

3	4	5	6	7
10	11	12	13 Breakfast Pizza First day of School No Lunch Morning Breakfast Only (No Grab & Go)	14 Cherry Frudel Chicken Nuggets Mashed Potatoes Gravy Dinner Roll
17 Mini Pancakes  Tacos Long John Steamed Corn	18 Egg & Cheese Biscuit Grilled Hotdog Baked Beans Steamed Broccoli	19 Strawberry Bagel Chicken Fried Steak Mashed Potatoes Gravy Dinner Roll	20 Pancake Wrap  Spaghetti Garlic Bread Green Beans	21 French Toast Deli Sandwich Seasoned Curly Fries Cookie
24 Tornado  Huskie Beef Hamburgers Chips Ice Cream Cup	25 Waffles Chicken Alfredo Steamed Broccoli Dinner Roll	26 Breakfast Pizza French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater	27 Sausage & Biscuit Chicken Strips French Fries Slushies	28 Chicken & Biscuit  Cheeseburger Mac & Cheese 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.





September 2020

	1 Apple Frudel Tater Tot Casserole Green Beans Dinner Roll 	2 Pancake Wrap Mini Corndogs Baked Beans Steamed Broccoli	3 French Toast French Dip Sandwich Waffle Fries Steamed Corn 	4 Chocolate Chip French Toast Chicken Fajitas Green Beans Long John
7 NO SCHOOL 	8 NO SCHOOL	9 Strawberry Bagel  Pizza Steamed Corn Slushies	10 Breakfast Pizza Chicken Alfredo Steamed Broccoli Dinner Roll	11 Cinnamon Rolls  Sloppy Joe French Fries Slushies
14 Long John Pork Tenderloin Mashed Potatoes Gravy Dinner Roll	15 Egg & Cheese Biscuit Grilled Cheese Tomato Soup Tri Tater	16 Tornado Teriyaki Chicken Steamed Broccoli Brown Rice	17 Mini Pancake  Enchiladas Green Beans Fresh Baked Muffin	18 Waffles Chicken Alfredo Steamed Peas Dinner Roll
21 Cherry Croissant  Spaghetti Garlic Bread Green Beans	22 Pancake Wrap Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	23 Breakfast Pizza Crisпитos Nachos Steamed Broccoli	24 Chocolate Chip French Toast Pig in the Blanket Baked Beans Green Beans	25 Sausage & Biscuit Deli Sandwich Chips Cookie
28 Long John Sweet & Sour Chicken Steamed Broccoli Brown Rice	29 Strawberry Bagel  Taco Salad Steamed Corn Mini Donuts	30 Cherry Frudel Chicken Patty Sandwich Seasoned Fries Steamed Peas		

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