Heartland Community Schools
December 2020

	1 Coffee Cake Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	2 Muffin & Yogurt Max Cheese Sticks Marinara Sauce Steamed Peas	3 Tornado French Dip Sandwich French Fries Green Beans	4 Egg & Cheese Biscuit Teriyaki Chicken Steamed Broccoli Brown Rice	All grains are whole grain rich. Fresh fruit and vegetable bar offered daily with lunch.
7 Apple Frudel Chili OR Chicken Noodle Soup Cinnamon Rolls Saltines	8 Breakfast Pizza French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater	9 Long John Hotdog Baked Beans Peas	10 Waffles Cheeseburger Mac & Cheese Steamed Broccoli Dinner Roll	11 Loaded Hashbrown Pizza Steamed Corn Slushies	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.
14 Egg Taco Pork Tenderloin Mashed Potatoes Gravy Dinner Roll	15 Chocolate Chip French Toast Chicken Patty Sandwich French Fries Steamed Peas	16 Coffee Cake Crispitos Nachos Steamed Broccoli	17 Tornado Pancake Day Sausage Link Tri Tater	18 Mini Pancakes Sloppy Joe OR BBQ Pork French Fries Slushies	 Menu is subject to change without notice. All beef is donated and locally raised.
21	22	23	24	25 Merrys Christmas	
28	29	30	31		

Heartland Community Schools is an equal opportunity provider.