



Heartland Community Schools February 2023



		1 Apple Frudel  Tacos Long John Steamed Corn	2 Egg & Cheese Biscuit  Spaghetti Green Beans Garlic Bread	3 Pancake Wrap French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater
6 Muffin & Yogurt Sweet & Sour Chicken Steamed Broccoli Brown Rice	7 Chicken & Biscuit  Sloppy Joe French Fries Ice Cream	8 Blueberry Waffles Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	9 Strawberry Bagel  Cheeseburger Mac & Cheese Steamed Peas French Bread	10 Breakfast Pizza Deli Sandwich Chips Cookie
13 Chocolate Chip French Toast Chicken Fried Steak Mashed Potatoes Gravy Dinner Roll	14 Cereal  Pizza Burgers Steamed Corn Jello	15 Mini Pancakes Grilled Cheese Tri Tater Tomato Soup	16 Cinnamon Breadstick Popcorn Chicken Scalloped Potatoes Steamed Peas Dinner Roll	17 NO SCHOOL
20 NO SCHOOL	21 Apple Frudel Chicken Alfredo Steamed Broccoli Dinner Roll	22 Cinnamon Roll  Sloppy Joe French Fries Ice Cream	23 Long John Pork Tenderloin Mashed Potatoes Gravy Dinner Roll	24 Tornado  Pizza Steamed Corn Jello
27 Egg & Cheese Biscuit Max Cheese Sticks Marinara Sauce Green Beans Chocolate Pudding	28 Breakfast Pizza  Taco Salad Steamed Corn Mini Donuts			

All grains are whole grain rich.

Fresh fruit and vegetable bar is offered daily with lunch.

A variety of fruit and juice is offered daily with breakfast.

A variety of low-fat milk is offered daily with breakfast and lunch.

Menu is subject to change without notice.


All beef is donated and locally raised.





Heartland Community Schools March 2023



		1 Chocolate Chip French Toast Chicken Patty Sandwich French Fries Steamed Peas	2 Pancake Wrap Spaghetti Green Beans Garlic Bread	3 Strawberry Bagel French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater	 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.
6 Breakfast Pizza Popcorn Chicken Mashed Potatoes Gravy Dinner Roll	7 Waffles Pizza Burgers Steamed Corn Jello	8 Cereal Chicken Alfredo Steamed Broccoli Dinner Roll	9 Tornado Hotdog Baked Beans Corn	10 NO SCHOOL	
13 Breakfast Pizza Chili Cinnamon Roll Saltines	14 Strawberry Bagel Tacos Mini Donuts Steamed Corn	15 Cinnamon Roll Cheeseburger Mac & Cheese Steamed Peas Dinner Roll	16 Sausage Biscuit Sweet & Sour Chicken Steamed Broccoli Brown Rice	17 Long John Grilled Cheese Tomato Soup Tri Tater	
20 NO SCHOOL	21 Chocolate Chip French Toast Pork Tenderloin Mashed Potatoes/ Gravy Dinner Roll	22 Apple Frudel Enchiladas Steamed Corn Long John	23 Tornado Grilled Chicken Sandwich French Fries Ice Cream	24 Waffles Pizza Steamed Corn Jello	
27 Egg & Cheese Biscuit Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	28 Breakfast Pizza Deli Sandwich Chips Cookie	29 Strawberry Bagel Taco Salad Steamed Corn Long John	30 Cereal Tater Tot Casserole Green Beans Dinner Roll	31 Pancake Wrap Baked Potato Bar Chicken Strips Steamed Broccoli Garlic Bread	

