


















Heartland Community Schools January 2023



<p>2</p> <p>NO SCHOOL</p>	<p>3</p> <p> NO SCHOOL</p>	<p>4</p> <p>NO SCHOOL</p> <p></p>	<p>5</p> <p>Tornado</p> <p>Chicken Alfredo Steamed Broccoli Dinner Roll</p>	<p>6</p> <p>Strawberry Bagel</p> <p> Tacos Long John Steamed Corn</p>
<p>9</p> <p>Long John</p> <p>Grilled Cheese Tomato Soup Tri Tater</p>	<p>10</p> <p>Cinnamon Breadstick</p> <p> Cheeseburger Mac & Cheese Steamed Peas Dinner Roll</p> <p></p>	<p>11</p> <p>Breakfast Pizza</p> <p>Chicken Nuggets Mashed Potatoes Gravy Dinner Roll</p>	<p>12</p> <p>Cinnamon Waffles</p> <p> Sloppy Joe French Fries Slushies</p> <p></p>	<p>13</p> <p>Sausage & Biscuit</p> <p>Sweet & Sour Chicken Steamed Broccoli Brown Rice</p>
<p>16</p> <p>Apple Frudel</p> <p>Pork Tenderloin Mashed Potatoes Gravy Dinner Roll</p> <p></p>	<p>17</p> <p>Pancake Wrap</p> <p> Pizza Burgers Steamed Corn Jello</p>	<p>18</p> <p>Egg & Cheese Biscuit</p> <p> Spaghetti Garlic Bread Green Beans</p>	<p>19</p> <p>Chocolate Chip French Toast</p> <p>French Toast Sticks Sausage/Egg Patty Tri Tater 100% Juice</p>	<p>20</p> <p>Tornado</p> <p>Popcorn Chicken Mashed Potatoes Gravy Dinner Roll</p>
<p>23</p> <p>Breakfast Pizza</p> <p>Grilled Chicken Sandwich French Fries Steamed Peas</p>	<p>24</p> <p>Cereal</p> <p> Taco Salad Steamed Corn Long John</p> <p></p>	<p>25</p> <p>Chicken & Biscuit</p> <p>Max Cheese Sticks Marinara Sauce Green Beans Chocolate Pudding</p>	<p>26</p> <p>Blueberry Waffle</p> <p>Chicken Patty Sandwich French Fries Steamed Peas</p>	<p>27</p> <p>Strawberry Bagel</p> <p>Chicken Fried Steak Mashed Potatoes Gravy Dinner Roll</p>
<p>30</p> <p>Muffin & Yogurt</p> <p>Teriyaki Chicken Brown Rice Steamed Broccoli</p>	<p>31</p> <p>Tornado</p> <p>Deli Sandwich Chips Cookie</p> <p></p>		<p></p>	<p></p>

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.





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		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			

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