



Heartland Community Schools January 2022

<p>3</p> <p>NO SCHOOL</p>	<p>4</p> <p>Cereal</p>  <p>Pizza Steamed Corn Jello</p>	<p>5</p> <p>Breakfast Pizza</p> <p>Chicken Fried Steak Mashed Potatoes Gravy Dinner Roll</p>	<p>6</p> <p>Cherry Frudel</p>  <p>Tacos Long John Steamed Corn</p>	<p>7</p> <p>Egg & Cheese Tornado</p> <p>Chicken Alfredo Steamed Broccoli Dinner Roll</p>
<p>10</p> <p>Cinnamon Breadstick</p> <p>Grilled Cheese Tomato Soup Tri Tater</p>	<p>11</p> <p>Breakfast Pizza</p> <p>Deli Sandwich Chips Cookie</p>	<p>12</p> <p>Long John</p> <p>Chicken Nuggets Mashed Potatoes Gravy Dinner Roll</p>	<p>13</p> <p>Sausage & Biscuit</p> <p>Sweet & Sour Chicken Steamed Broccoli Brown Rice</p>	<p>14</p> <p>Apple Frudel</p>  <p>Sloppy Joe French Fries Ice Cream</p>
<p>17</p> <p>Pancake Wrap</p>  <p>Taco Salad Steamed Corn Long John</p>	<p>18</p> <p>Cherry Frudel</p>  <p>Tater Tot Casserole Green Beans Dinner Roll</p>	<p>19</p> <p>Egg & Cheese Biscuit</p> <p>Popcorn Chicken Mashed Potatoes Gravy Dinner Roll</p>	<p>20</p> <p>Cherry Frudel</p>  <p>Pizza Steamed Corn Jello</p>	<p>21</p> <p>Egg & Cheese Tornado</p> <p>Grilled Chicken Sandwich Fries Ice Cream</p>
<p>24</p> <p>Cereal</p>  <p>Chili OR Chicken Noodle Soup Cinnamon Roll Saltines</p>	<p>25</p> <p>Breakfast Pizza</p> <p>Pig in the Blanket Steamed Broccoli Baked Beans</p>	<p>26</p> <p>Chicken & Biscuit</p>  <p>Spaghetti Green Beans Garlic Bread</p>	<p>27</p> <p>Cinnamon Breadstick</p> <p>Chicken Patty Sandwich French Fries Steamed Peas</p>	<p>28</p> <p>Egg & Cheese Biscuit</p> <p>Ham Dinner Mashed Potatoes Gravy French Bread</p>
<p>31</p> <p>Cereal</p> <p>Chicken Fajitas Steamed Corn Long John</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.

