



Heartland Community Schools

October 2026



			1 Egg & Cheese Biscuit Max Cheese Sticks Marinara Sauce Peas Pudding	2 Cinnamon Breadstick Burrito Bowl (Rice, Chicken) Corn Seasoned Black Beans Mini Cinnamon Donuts
5 Chocolate Chip French Toast Chicken Alfredo Steamed Broccoli French Bread	6 Strawberry Bagel Cheeseburger Mac & Cheese Peas Dinner Roll 	7 Pancake Wrap Grilled Chicken Sandwich French Fries Cookie	8 Mini Pancakes Tacos Long John Steamed Corn 	9 Sausage Biscuit Grilled Cheese Sandwich Tomato Soup Hash Brown
12 Tornado Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	13 Blueberry Waffle Deli Sandwich Chips Cookie	14 Apple Frudel Fajita's-Chicken OR Beef Green Beans Long John 	15 Breakfast Pizza Chicken Noodle Soup OR Chili Cinnamon Rolls Saltines	16 Long John Pizza Steamed Corn Jello 
19 NO SCHOOL	20 Egg Bites Spaghetti Garlic Bread Green Beans 	21 Sausage Biscuit Chicken Patty Sandwich French Fries Steamed Peas	22 Mini Pancake Taco Salad Steamed Corn Mini Donuts 	23 Cinnamon Breadstick Pork Tenderloin Mashed Potatoes Gravy Dinner Roll
26 Pancake Wrap Max Cheese Sticks Marinara Sauce Peas Pudding	27 Chocolate Chip French Toast Sloppy Joe French Fries Ice Cream 	28 Egg & Cheese Biscuit Chicken Fried Steak Mashed Potatoes Gravy Dinner Roll	29 Tornado Grilled Hotdog Baked Beans Steamed Broccoli	30 Cinnamon Roll 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.

Heartland Community Schools is an equal opportunity provider

