












# Heartland Community Schools November 2023



		1 <b>Cinnamon Breadstick</b>  Pizza Steamed Corn Jello	2 <b>Tornado</b> French Toast Sticks Sausage/Egg Patty Tri Tater 100% Juice	3 <b>Cinnamon Roll</b> Grilled Chicken Sandwich French Fries Ice Cream
6 <b>NO SCHOOL</b>	7 <b>Pancake Wrap</b>  Taco Salad Mini Donuts Steamed Corn	8 <b>Egg &amp; Cheese Biscuit</b>  Cheeseburger Mac & Cheese Steamed Broccoli French Bread	9 <b>Choc Chip French Toast</b>  Enchilada Green Beans Mini Donuts	10 <b>Strawberry Bagel</b>  Pizza Burgers Steamed Corn Jello
13 <b>Sausage Biscuit</b>  Spaghetti Garlic Bread Green Beans	14 <b>Blueberry Waffle</b> Popcorn Chicken Scalloped Potatoes Steamed Peas Muffin	15 <b>Long John</b> Pork Tenderloin Mashed Potatoes Gravy Dinner Roll	16 <b>Breakfast Pizza</b> Max Cheese Sticks Marinara Sauce Steamed Peas	17 <b>Cereal</b> Turkey Dinner Mashed Potatoes/Gravy Steamed Corn Cranberry Sauce Dinner Roll
20 <b>Apple Frudel</b>  Tater Tot Casserole Green Beans Dinner Roll	21 <b>Breakfast Pizza</b> Chicken Fajitas Steamed Corn Long John	22 <b>NO SCHOOL</b>	23 	24 <b>NO SCHOOL</b>
27 <b>Cereal</b> Chili or Chicken Noodle Soup Cinnamon Rolls Saltines	28 <b>Long John</b> Deli Sandwich Chips Cookie	29 <b>Tornado</b>  Tacos Long John Steamed Corn	30 <b>Blueberry Waffle</b> Chicken Patty Sandwich French Fries Steamed Peas	

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.

