



# Heartland Community Schools October 2022



<p>3</p> <p><b>Sausage &amp; Biscuit</b></p>  <p>Tacos Long John Steamed Corn</p>	<p>4</p> <p><b>Tornado</b></p> <p>Chicken Nuggets Mashed Potatoes Gravy Dinner Roll</p>	<p>5</p> <p><b>Cinnamon Breadstick</b></p> <p>French Toast Sticks Egg &amp; Sausage Patty 100% Juice Tri Tater</p>	<p>6</p> <p><b>Pancake Wrap</b></p>  <p>Spaghetti Garlic Bread Green Beans</p>	<p>7</p> <p>NO SCHOOL</p>
<p>10</p> <p><b>Cereal</b></p> <p>Grilled Hotdog Baked Beans Steamed Broccoli</p>	<p>11</p> <p><b>Strawberry Bagel</b></p>  <p>Tater Tot Casserole Green Beans Dinner Roll</p>	<p>12</p> <p><b>Cinnamon Roll</b></p> <p>Chicken Fajita Peas Mini Cinnamon Donuts</p>	<p>13</p> <p><b>Chocolate Chip French Toast</b></p>  <p>Pizza Steamed Corn Jello</p>	<p>14</p> <p><b>Tornado</b></p>  <p>Sloppy Joe French Fries Ice Cream</p>
<p>17</p> <p><b>Blueberry Waffle</b></p> <p>Baked Potato Bar Chicken Strips Muffin</p>	<p>18</p> <p><b>Muffin &amp; Yogurt</b></p> <p>Sweet &amp; Sour Chicken Steamed Broccoli Brown Rice</p>	<p>19</p> <p><b>Long John</b></p>  <p>Cheeseburger Mac &amp; Cheese Steamed Peas Dinner Roll</p>	<p>20</p> <p><b>Apple Frudel</b></p>  <p>Taco Salad Steamed Corn Long John</p>	<p>21</p> <p><b>Blueberry Waffle</b></p> <p>Pork Tenderloin Mashed Potatoes Gravy Dinner Roll</p>
<p>24</p> <p><b>Tornado</b></p>  <p>Pizza Burger Steamed Corn Jello</p>	<p>25</p> <p><b>Pancake Wrap</b></p>  <p>Chicken Fried Steak Mashed Potatoes Gravy Dinner Roll</p>	<p>26</p> <p><b>Egg &amp; Cheese Biscuit</b></p> <p>Chicken Fajitas Green Beans Long John</p>	<p>27</p> <p><b>Cinnamon Breadstick</b></p> <p>Deli Sandwich Chips Cookie</p>	<p>28</p> <p><b>Strawberry Bagel</b></p>  <p>Chili or Chicken Noodle Cinnamon Rolls Saltines</p>
<p>31</p> <p><b>Chocolate Chip French Toast</b></p> <p>Grilled Cheese Sandwich Tomato Soup Tri Tater</p>				

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.

