



Heartland Community Schools October 2023



<p>2</p> <p>Apple Frudel</p> <p>Chicken Fajitas Green Beans Long John</p>	<p>3</p> <p>Breakfast Pizza</p> <p>Pork Tenderloin Mashed Potatoes/Gravy Dinner Roll</p>	<p>4</p> <p>Chocolate Chip French Toast</p> <p>Pizza Steamed Corn Jello</p> 	<p>5</p> <p>Tornado</p> <p>Chicken Strips French Fries Dinner Roll</p>	<p>6</p> <p>Egg & Cheese Biscuit</p> <p>Hamburgers Chips Cookie</p> 
<p>9</p> <p>NO SCHOOL</p>	<p>10</p> <p>Cinnamon Breadstick</p> <p>Sweet & Sour Chicken Steamed Broccoli Brown Rice</p>	<p>11</p> <p>Cereal</p> <p>Baked Potato Bar Chicken Strips Muffin</p>	<p>12</p> <p>Strawberry Bagel</p> <p>French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater</p>	<p>13</p> <p>Long John</p> <p>Grilled Hotdog Baked Beans Steamed Broccoli</p>
<p>16</p> <p>Pancake Wrap</p> <p>Grilled Cheese Sandwich Tomato Soup Tri Tater</p>	<p>17</p> <p>Blueberry Waffle</p> <p>Sloppy Joe French Fries Ice Cream</p> 	<p>18</p> <p>Sausage & Biscuit</p> <p>Max Cheese Sticks Marinara Sauce Green Beans Pudding</p>	<p>19</p> <p>Apple Frudel</p> <p>*Pork Burgers French Fries Jello</p>	<p>20</p> <p>NO SCHOOL</p>
<p>23</p> <p>Tornado</p> <p>Deli Sandwich Chips Cookie</p>	<p>24</p> <p>Breakfast Pizza</p> <p>Chicken Nuggets Mashed Potatoes Gravy Dinner Roll</p>	<p>25</p> <p>Apple Frudel</p> <p>Chicken Fried Steak Mashed Potatoes/Gravy Dinner Roll</p>	<p>26</p> <p>Chocolate Chip French Toast</p> <p>Tacos Long John Steamed Corn</p> 	<p>27</p> <p>Cinnamon Roll</p> <p>Pulled Pork Sandwich French Fries Ice Cream</p>
<p>30</p> <p>Blueberry Waffle</p> <p>Chicken Alfredo Steamed Broccoli Dinner Roll</p>	<p>31</p> <p>Cereal</p> <p>Chili or Chicken Noodle Cinnamon Rolls Saltines</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.

*October is Pork Month. Pork Burgers donated by Nebraska Pork Producers Association

