












# Heartland Community Schools October 2025



		<b>1</b> <b>Egg &amp; Cheese Biscuit</b>  Spaghetti Garlic Bread Green Beans 	<b>2</b> <b>Tornado</b>  Grilled Hamburgers Fries Cookie 	<b>3</b> <b>Breakfast Pizza</b>  French Toast Sticks Egg/Sausage Patty 100% Juice Tri Tater	<b>All grains are whole grain rich.</b>  <b>Fresh Fruit and vegetable bar offered daily with lunch.</b>  <b>A variety of fruit and juice is offered daily with breakfast.</b>  <b>A variety of low-fat and fat-free milk is offered daily with breakfast and lunch.</b>  <b>Menu is subject to change without notice.</b>  <b>All beef is donated and locally raised.</b>
<b>6</b> <b>Cereal</b>  Grilled Hotdog Baked Beans Steamed Broccoli	<b>7</b> <b>Strawberry Bagel</b>  Tater Tot Casserole OR Mini Corndogs Green Beans French Bread 	<b>8</b> <b>Pancake Wrap</b>  Fajita (Beef or Chicken) Peas Mini Cinnamon Donuts 	<b>9</b> <b>Chocolate Chip French Toast</b>  Pizza Corn Jello 	<b>10</b> <b>Cinnamon Breadstick</b>  Grilled Chicken Sandwich French Fries Ice Cream	
<b>13</b> <b>Blueberry Waffle</b>  Grilled Cheese Sandwich Tomato Soup Tri Tater	<b>14</b> <b>Sausage &amp; Biscuit</b>  Sweet & Sour Chicken Steamed Broccoli Brown Rice	<b>15</b> <b>Cereal</b> BBQ Meatballs OR Chicken Nuggets Mashed Potatoes/Gravy Garlic Bread Green Beans 	<b>16</b> <b>Apple Frudel</b>  Taco Salad Corn Long John 	<b>17</b> <b>Long John</b>  Pork Tenderloin Mashed Potatoes Gravy Dinner Roll	
<b>20</b> <b>NO SCHOOL</b>	<b>21</b> <b>Pancake Wrap</b>  Chicken Fried Steak Mashed Potatoes Gravy French Bread	<b>22</b> <b>Egg &amp; Cheese Biscuit</b>  Burrito Bowl (Rice, pulled pork) Seasoned Black Beans Corn Muffin	<b>23</b> <b>Cinnamon Breadstick</b>  Deli Sandwich Chips Cookie	<b>24</b> <b>NO SCHOOL</b>	
<b>27</b> <b>Chocolate Chip French Toast</b>  Max Cheese Sticks Marinara Sauce Peas Pudding	<b>28</b> <b>Tornado</b>  Pizza Burger Corn Jello 	<b>29</b> <b>Sausage Biscuit</b>  Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	<b>30</b> <b>Breakfast Pizza</b>  Sloppy Joe French Fries Ice Cream 	<b>31</b> <b>Strawberry Bagel</b>  Chili or Chicken Noodle Cinnamon Rolls Saltines 