
















Heartland Community Schools
October 2021

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|---|--|--|---|--|
| | | | | 1 Cereal <i>French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater</i> |
| 4 Apple Frudel  <i>Tacos Long John Steamed Corn</i> | 5 Sausage & Biscuit <i>Chicken Nuggets Mashed Potatoes Gravy Dinner Roll</i> | 6 Pancake Wrap <i>Chicken Alfredo Steamed Broccoli French Bread</i>  | 7 Cereal  <i>Pizza Steamed Corn Jello</i> | 8 NO SCHOOL |
| 11 Tornado <i>Grilled Hotdog Baked Beans Steamed Broccoli</i> | 12 Cherry Frudel  <i>Sloppy Joe French Fries Jello</i>  | 13 Mini Pancakes  <i>Tater Tot Casserole Green Beans French Bread</i> | 14 Cereal  <i>Spaghetti Garlic Bread Corn</i> | 15 Chocolate Chip French Toast <i>Chicken Strips French Fries Jello</i> |
| 18 Apple Frudel <i>Chili or Chicken Noodle Cinnamon Rolls Saltines</i>  | 19 Coffee Cake <i>Sweet & Sour Chicken Steamed Broccoli Brown Rice</i> | 20 Sausage & Biscuit  <i>Cheeseburger Mac & Cheese Steamed Peas Dinner Roll</i> | 21 Waffles  <i>Taco Salad Steamed Corn Long John</i> | 22 Cereal <i>Deli Sandwich Chips Cookie</i>  |
| 25 Breakfast Pizza <i>Popcorn Chicken Scalloped Potatoes Dinner Roll Steamed Peas</i> | 26 Tornado <i>Chicken Fried Steak Mashed Potatoes Gravy French Bread</i> | 27 Pancake Wrap <i>Chicken Fajitas Green Beans Long John</i>  | 28 Cereal <i>Grilled Cheese Sandwich Tomato Soup Tri Tater</i> | 29 Coffee Cake <i>Teriyaki Chicken Steamed Broccoli Brown Rice</i>  |

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.

All beef is donated and locally raised.

***Menu is subject to change without notice.**

