






Heartland Community Schools
October 2020

			1 Breakfast Pizza Corndogs Baked Beans Steamed Broccoli	2 Egg & Cheese Biscuit Chicken Fried Steak Mashed Potatoes Gravy Dinner Roll
5 Cherry Croissant  Tacos Long John Steamed Corn	6 Strawberry Bagel French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater	7 Loaded Hashbrown Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	8 Waffles Hotdog Baked Beans Steamed Broccoli	9 NO SCHOOL
12 Chocolate Chip French Toast Deli Sandwich Chips Cookie	13 Egg & Cheese Taco  Chili Cinnamon Rolls Saltines	14 Breakfast Pizza Pork Tenderloin Mashed Potatoes Gravy Dinner Roll	15 Apple Frudel  Pizza Steamed Corn Slushies	16 Cinnamon Roll  Cheeseburger Mac & Cheese Steamed Peas Dinner Roll
19 Long John Teriyaki Chicken Steamed Broccoli Brown Rice	20 Breakfast Pizza  Spaghetti Garlic Bread Green Beans	21 Cherry Croissant Chicken Patty Sandwich French Fries Steamed Peas	22 Mini Pancake  Taco Salad Steamed Corn Mini Donuts	23 Egg & Cheese Biscuit  Tater Tot Casserole Green Beans Dinner Roll
26 Pancake Wrap Max Cheese Sticks Marinara Sauce Steamed Peas	27 Waffles  BBQ Meatballs Muffin Honey Glazed Carrots	28 Sausage & Biscuit Chicken Fajitas Green Beans Long John	29 Chocolate Chip French Toast  Huskie Beef Hamburgers Chips Cookie	30 Loaded Hashbrown Chicken Noodle Soup Cinnamon Rolls Saltines

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.

