





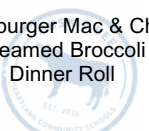

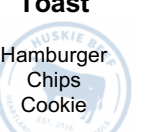




Heartland Community Schools
September 2021

		1 Coffee Cake Crisпитos Nachos Steamed Broccoli	2 Mini Pancakes Chicken Alfredo Steamed Broccoli Dinner Roll	3 Cherry Frudel  Sloppy Joe French Fries Slushies
6 	7 NO SCHOOL	8 Egg & Cheese Biscuit Teriyaki Chicken Steamed Broccoli Brown Rice	9 Tornado  Tater Tot Casserole Green Beans Dinner Roll	10 Pancake Wrap  Pizza Steamed Corn Slushies
13 Chocolate Chip French Toast Grilled Cheese Tomato Soup Tri Tater	14 Waffles Popcorn Chicken Scalloped Potatoes Dinner Roll Steamed Peas	15 Breakfast Pizza French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater	16 Sausage & Biscuit Baked Potato Bar Chicken Strips Muffin	17 Apple Frudel Sweet & Sour Chicken Steamed Broccoli Brown Rice
20 Tornado  Spaghetti Steamed Corn Garlic Bread	21 Mini Pancakes  Enchilada Green Beans Muffin	22 Cherry Frudel  Cheeseburger Mac & Cheese Steamed Broccoli Dinner Roll	23 Egg & Cheese Biscuit Chicken Patty Sandwich French Fries Steamed Peas	24 Pancake Wrap Grilled Hotdog Baked Beans Steamed Broccoli
27 Waffles Chicken Noodle Soup Cinnamon Rolls Saltines	28 Breakfast Pizza  Taco Salad Steamed Corn Long John	29 Tornado Chicken Fried Steak Mashed Potatoes Gravy Dinner Roll	30 Chocolate Chip French Toast  Hamburger Chips Cookie	

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.

