



# Back to School

Heartland Community Schools  
**August 2022**

1	2	3	4	5
8	9	10	11	12
15	16	17 <b>Variety Breakfast</b> <b>FIRST DAY OF SHOOOL</b> <b>NO LUNCH</b>	18 <b>Pancake Wrap</b> Chicken Patty Sandwich French Fries Steamed Peas	19 <b>Chocolate Chip French Toast</b> Spaghetti Garlic Bread Green Beans
22 <b>Strawberry Bagel</b> Grilled Hotdog Baked Beans Steamed Broccoli	23 <b>Tornado</b> Tater Tot Casserole Green Beans Dinner Roll	24 <b>Blueberry Waffles</b> Sloppy Joe French Fries Ice Cream	25 <b>Cherry Frudel</b> Pizza Steamed Corn Jello	26 <b>Egg &amp; Cheese Biscuit</b> Chicken Strips Tri Tater Dinner Roll Steamed Peas
29 <b>Sausage &amp; Biscuit</b> Tacos Long John Mini Cinnamon Donuts	30 <b>Long John</b> Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	31 <b>Muffin &amp; Yogurt</b> French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater		

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.

