




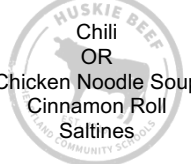








Heartland Community Schools January 2024



1 	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	5 NO SCHOOL
8 Tornado Grilled Cheese Tomato Soup Tri Tater	9 Breakfast Pizza  Taco Salad Steamed Corn Mini Donuts	10 Long John Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	11 Sausage & Biscuit Sweet & Sour Chicken Steamed Broccoli Brown Rice	12 Blueberry Waffle  Sloppy Joe French Fries Slushies
15 Pancake Wrap Grilled Chicken Sandwich French Fries Ice Cream	16 Apple Frudel  Tater Tot Casserole Green Beans Dinner Roll	17 Egg & Cheese Biscuit Popcorn Chicken Mashed Potatoes Gravy Dinner Roll	18 Chocolate Chip French Toast Ham & Noodles Steamed Peas Dinner Roll	19 Cinnamon Bread Stick  Pizza Steamed Corn Slushies
22 Blueberry Waffle  Chili OR Chicken Noodle Soup Cinnamon Roll Saltines	23 Breakfast Pizza  Tacos Long John Steamed Corn	24 Strawberry Bagel  Spaghetti Green Beans Garlic Bread	25 Pancake Wrap Chicken Patty Sandwich French Fries Steamed Peas	26 Apple Frudel  Pizza Burger Steamed Corn Slushies
29 Breakfast Pizza Chicken Fried Steak Mashed Potatoes Gravy Dinner Roll	30 Chocolate Chip French Toast  Enchiladas Green Beans Long John	31 Tornado Chicken Alfredo Steamed Broccoli Dinner Roll		

All grains are whole grain rich.

Fresh fruit and vegetable bar is offered daily with lunch.

A variety of fruit and juice is offered daily with breakfast.

A variety of low-fat milk is offered daily with breakfast and lunch.

Menu is subject to change without notice.

All beef is donated and locally raised.

