



Heartland Community Schools October 2024



	1 Breakfast Pizza Pork Tenderloin Mashed Potatoes Gravy Dinner Roll	2 Apple Frudel Grilled Chicken Sandwich OR BBQ Rib Sandwich Fries Slushies	3 Tornado Taco Salad Steamed Corn Long John	4 Pancake Wrap Max Cheese Sticks Marinara Sauce Steamed Peas Pudding
7 Blueberry Waffle Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	8 Cinnamon Breadstick Spaghetti Garlic Bread Green Beans	9 Sausage & Biscuit Chicken Fajitas Saute Peppers & Onions Steamed Peas Long John	10 Egg and Bacon Bites NEW Tacos Long John Steamed Corn	11 Cereal Chili or Chicken Noodle Soup Cinnamon Rolls Saltines
14 Strawberry Bagel Grilled Hotdog Baked Beans Steamed Broccoli	15 Chocolate Chip French Toast Burrito Bowl (rice, pulled pork) Black Beans Steamed Corn Donut Hole <b style="color: red;">NEW LUNCH!	16 Tornado French Toast Sticks Egg & Sausage Patty 100% Juice Tri Tater	17 Apple Frudel Pizza Steamed Corn Slushies	18 Breakfast Pizza Chicken Patty Sandwich French Fries Green Beans
21 NO SCHOOL	22 Cinnamon Breadstick Chicken Alfredo Steamed Broccoli French Bread	23 Blueberry Waffle Cheeseburger Mac & Cheese Steamed Peas Dinner Roll	24 Muffin & Yogurt Mini Corndogs Baked Beans Steamed Corn	25 NO SCHOOL
28 Chocolate Chip French Toast Sloppy Joe French Fries Slushies	29 Sausage & Biscuit Chicken Fried Steak Mashed Potatoes Gravy Dinner Roll	30 Tornado Pizza Burgers Steamed Corn Slushies	31 Breakfast Pizza Grilled Cheese Sandwich Tomato Soup 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.



Heartland Community Schools is an equal opportunity provider.