

Heartland 9-12 Menu

30-50 kids total

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Welcome Back!									

WEEK 2: August 14-18

MONDAY	Quantity Ordered	TUESDAY 15	Quantity Ordered	WEDNESDAY 16	Quantity Ordered	THURSDAY 17	Quantity Ordered	FRIDAY 18	Quantity Ordered
		Crispito w/Chips & Cheese Sauce		Chicken Parmesan		Mini Corndogs		Pizza Sticks w/Marinara	
			2 Send		2 Send		2 Send		2 Send
		Green Pepper Sticks (Other)	4#	Tomato & Cucumber Salad (Other)	3x recipe	Cherry Tomatoes (Red/Orange)	9 pints	Carrots (Red/Orange)	6#
		Baked Potatoes (Starchy)	40	Cauliflower (Other)	8# frz	Refried Beans w/Cheese (Legumes)	1.5x recipe	Peas (Starchy)	8# frz
		Strawberries	8#	Applesauce	2 #10 cans	Peaches	2 #10 cans	Watermelon	7 melons
		Apple	40	Orange	40	Banana	40	Apple	40
		Choice of Milk	40	Choice of Milk	40	Choice of Milk	40	Choice of Milk	40

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Sweet & Sour Chicken w/Rice		Beef Tacos		Pepperoni Pizza		Breaded Chicken Sandwich		Pork Quesadilla	
	Send		2 Send		2 Send		2 Send		2 Send
Mixed Greens (Dark Green)	6#	Green Beans (Other)	2 #10 cans	Sweet Potato Bites (Red/Orange)	8#	Glazed Carrots (Red/Orange)	4x recipe	Tuscan Salad (Red/Orange & Other)	10x recipe
Squash Medley (Other)	8#	Yogurt Cucumber Salad (Other)	3x recipe	Garbanzo Beans (Legumes)	2 #10 cans	Cauliflower (Other)	6#	Corn (Starchy)	9# frz
Strawberries	8#	Blueberries	8#	Grapes	9#	Peaches	2 #10 cans	Cinnamon Applesauce	2 #10 cans
Apple	40	Banana	40	Orange	40	Apple	40	Orange	40
Choice of Milk	40	Choice of Milk	40	Choice of Milk	40	Choice of Milk	40	Choice of Milk	40

WEEK 4: August 28-Sept. 1

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Chicken Fried Rice		Crispito w/Chips & Cheese Sauce		Macaroni & Cheese w/Garlic Knot		Cheeseburger		Turkey Club Sandwich	
	Send		2 Send		2 Send		2 Send		2 Send
Carrots (Red/Orange)	6#	Corn (Starchy)	9# frz	Red Bell Pepper Sticks (Red/Orange)	4#	Creamy Tomato & Cuke Salad (Other)	3x recipe	Broccoli (Dark Green)	6#
Tater Tots (Starchy)	8#	Coleslaw (Other)	2x recipe	Baked Beans (Legumes)	2 #10 cans	Baked Potatoes (Starchy)	40	Carrots (Red/Orange)	6#
Blueberries	8#	Applesauce	4 #10 cans	Strawberries	8#	Peaches	2 #10 cans	Fruited Jell-O	.5 x recipe
Apple	40	Orange	40	Banana	40	Apple	40	Orange	40
Choice of Milk	40	Choice Of Milk	40	Choice of Milk	40	Choice of Milk	40	Choice of Milk	40