

Heartland K-12 Menu

90 kids total

WEEK 1: August 13 - 17

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Cheeseburger & French Fries		Strutters - Popcorn Chicken Bowl		Sweet and Sour Chicken w/ Rice		Pepperoni Pizza		Turkey & Cheese Sub	
	Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send
French Fries (Starch)		Mashed Potatoes (Starch)		Buffalo Cauliflower (Other)		Corn (Starch)		Green Beans (Other)	
Broccoli (Dark Green)		Carrots (Red/Orange)		Edamame (Legumes)		Carrots (Red/Orange)		Carrots (Red/Orange)	
Blueberries		Oranges	90	Peaches		Oranges	90	Pears	
Apples	90	Strawberries		Banana	90	Pineapple		Apples	90
Choice of Milk	90	Choice of Milk	90	Choice of Milk	90	Choice of Milk	90	Choice of Milk	90

WEEK 2: August 20 - 24

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
2oz WG / 1.5oz M/MA		1.5oz WG / 1.5oz M/MA		1oz WG / 1.5oz M/MA		1.5oz WG / 1.5oz M/MA		2oz WG / 2oz M/MA	
Baked Penne Pasta w/ Breadstick		BBQ Pulled Pork Nachos		Ham & Cheese Wrap (Lettuce, Tomato, Onion)		Cheese Pizza		Beef Tacos	
	Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send
Carrots (Red/Orange)		Southwest Pinto Beans (Legume)		Celery Sticks (Other)		California Blend (Other)		Refried Beans w/ Cheese (Legume)	
Cauliflower w/ Cheese (Other)		Carrots (Red/Orange)		Broccoli w/ Cheese (Dark Green)		Carrots (Red/Orange)		Carrots (Red/Orange)	
Strawberries		Blueberries		Peaches		Pineapple		Pears	
Banana		Oranges	90	Banana	90	Apples	90	Oranges	90
Choice of Milk		Choice of Milk	90	Choice of Milk	90	Choice of Milk	90	Choice of Milk	90

WEEK 3: August 27 - 31

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
2oz WG / 1.5oz M/MA		1.5oz WG / 1.5oz M/MA		1oz WG / 1.5oz M/MA		1.5oz WG / 1.5oz M/MA		2oz WG / 2oz M/MA	
Pizza Sticks		Crispitos w/ Chips & Cheese		Mini Corn Dogs		Pepperoni Pizza		Wing Bar	
	Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send
Green Beans (Other)		Corn (Starchy)		Baked Beans (Legumes)		Corn (Starchy)		Buffalo Cauliflower (Other)	
Broccoli (Dark Green)		Celery (Other)		Carrots (Red/Orange)		Carrots (Red/Orange)		Carrots (Red/Orange)	
Blueberries		Applesauce		Strawberries		Peaches		Pears	
Apples	90	Oranges	90	Banana	90	Apples	90	Oranges	90
Choice of Milk	90	Choice of Milk	90	Choice of Milk	90	Choice of Milk	90	Choice of Milk	90