

Heartland 9-12 Menu

WEEK 1: May 1-5

30-50 kids total

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Beef Nachos	Send	Cheeseburger	2 Send	Mozzarella Sticks w/Marinara	2 Send	Hot Dog	2 Send	Cheese Quesadilla	2 Send
Broccoli (Dark Green)	3#	Red Pepper Sticks (Red/Orange)	6#	Mixed Greens (Dark Green)	6#	Carrots (Red/Orange)	6#	Black Bean & Corn Salsa (Legumes)	1.25x recipe
Tater Tots (Starchy)	6#	Green Beans (Other)	2 #10 cans	Sweet Potato Fries (Red/Orange)	7# frz	Baked Beans (Legumes)	2 #10 cans	Roasted Pineapple (Other)	5.5x recipe
Mandarin Oranges	2 #10 cans	Strawberry Cups	40	Cinnamon Applesauce	2 #10 cans	Blueberries	8#	Mango	6#
Apple	40	Banana	40	Orange	40	Banana	40	Apple	40
Choice of Milk	40	Choice of Milk	40	Choice of Milk	40	Choice of Milk	40	Choice of Milk	40

WEEK 2: May 8-12

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Chicken Tenders w/Breadstick	Send	Chicken Tacos	2 Send	Ravioli w/Breadstick	2 Send	Breaded Pork Sandwich	2 Send	Pepperoni Pizza	2 Send
Broccoli Raisin Salad (Dark Green)	1.5x recipe	Carrots (Red/Orange)	6#	Tomato & Cucumber Salad (Other)	1.25x recipe	Cherry Tomatoes (Red/Orange)	9 pints	Carrots (Red/Orange)	6#
Mashed Potatoes & Gravy (Starchy)	2x recipe	Broccoli w/Cheese (Dark Green)	2x recipe	Peas (Starchy)	8# frz	Refried Beans w/Cheese (Legumes)	7#	Cauliflower (Other)	5#
Blueberries	8#	Strawberry Cups	40	Applesauce	2 #10 cans	Peaches	2 #10 cans	Watermelon	7 melons
Orange	40	Apple	40	Orange	40	Banana	40	Apple	40
Choice of Milk	40	Choice of Milk	40	Choice of Milk	40	Choice of Milk	40	Choice of Milk	40

WEEK 3: May 15-19

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Beef Nachos	Send	Macaroni & Cheese	2 Send	Cheeseburger	2 Send	Breaded Beef Fingers w/Breadstick	2 Send	Pork Quesadilla	2 Send
Mixed Greens (Dark Green)	6#	Green Beans (Other)	2 #10 cans	Broccoli Raisin Salad (Dark Green)	1.5x recipe	Sweet Potato Casserole (Red/Orange)	0.75x recipe	Carrots (Red/Orange)	6#
Peas (Starchy)	8# frz	Yogurt Cucumber Salad (Other)	3x recipe	Glazed Carrots (Red/Orange)	5x recipe	Green Bell Pepper Sticks (Other)	6#	Refried Beans w/Cheese (Legumes)	1.5x recipe
Strawberries	8#	Blueberries	8#	Cinnamon Applesauce	2 #10 cans	Peaches	2 #10 cans	Grapes	9#
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: May 22-26

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
French Toast Sticks & Sausage	Send	Ham & Cheese Sub	2 Send	Have a great summer!					
Cucumbers (Other)	7 ea.	Scalloped Potatoes (Starchy)	1x recipe						
Tater Tots (Starchy)	6#	Coleslaw (Other)	2x recipe						
Blueberries	8#	Strawberry Cups	40						
Apple	40	Orange	40						
Choice of Milk	40	Choice Of Milk	40						