

Heartland K-12 Menu

WEEK 1: December 3 - 7

90 kids total

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Baked Penne Pasta w/ Breadstick		Breaded Chicken Sandwich		Sweet & Sour Chicken w/ Rice		Pepperoni Pizza		Cheeseburger w/ Fries	
	Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send
Mashed Potatoes (Starchy)		Baked Beans (Legume)		Buffalo Cauliflower (Other)		Corn (Starchy)		Peas (Starchy)	
Broccoli (DG)		Carrots (Red/Orange)		Carrots (Red/Orange)		Cucumbers (Other)		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: December 10 - 14

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Cheddar Mac w/ Breadstick		Chicken Tenders w/ Garlic Knots & Buffalo/Orange Sauce		Hamburger w/ Fries		Cheese Pizza		Penne Pasta w/ Red Sauce & Meatballs	
	Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send
Broccoli (DG)		Black Beans (Legume)		Mashed Potatoes (Starchy)		California Blend (Other)		Corn (Starchy)	
Mashed Potatoes (Starchy)		Carrots (Red/Orange)		Green Beans (Other)		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: December 17 - 21

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Crispy Chicken Sandwich		General Tso Chicken w/ Lo Mein		Mini Corn Dogs & French Fries		Pepperoni Pizza		HEARTLAND COOKS	
	Send		2 Send		2 Send		2 Send		2 Send
Mashed Potatoes (Starchy)		Sesame Roasted Carrots (R/O)		Corn (Starchy)		California Blend w/ Cheese (Other)			
Broccoli (Dark Green)		Cauliflower (Other)		Carrots (Red/Orange)		Celery (Other)			
Blueberries		Applesauce		Strawberries		Peaches			
Apples	90	Oranges	90	Banana	90	Apples	90		
Choice of Milk	90	Choice of Milk	90	Choice of Milk	90	Choice of Milk	90		