

Heartland 9-12 Menu

WEEK 1: November 28-December 2

30-50 kids total

MONDAY 28	Quantity Ordered	TUESDAY 29	Quantity Ordered	WEDNESDAY 30	Quantity Ordered	THURSDAY 1	Quantity Ordered	FRIDAY 2	Quantity Ordered
Ham & Cheese Sandwich	Send	Chili w/Cinnamon Roll	2 Send	Cheese Pizza	2 Send	Cheeseburger	2 Send	Mini Corndogs	2 Send
Tater Tots (Starchy)	8#	Cherry Tomatoes (Red/Orange)	10 pints	Mixed Greens (Dark Green)	6#	Carrots (Red/Orange)	6#	Pea & Cheddar Salad (Starchy)	3.5x recipe
Refried Beans (Legumes)	2x recipe	Green Beans (Other)	2 #10 cans	Sweet Potato Fries (Red/Orange)	7# frz	Rosemary Red Potatoes (Starchy)	9#	Green Beans (Other)	2 #10 cans
Pears	2 #10 cans	Grapes	9#	Cinnamon Applesauce	2 #10 cans	Blueberries	8#	Fruit Mix	2 #10 cans
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: December 5-9

MONDAY 5	Quantity Ordered	TUESDAY 6	Quantity Ordered	WEDNESDAY 7	Quantity Ordered	THURSDAY 8	Quantity Ordered	FRIDAY 9	Quantity Ordered
BBQ Chicken on Pretzel Bun	Send	Pizza Sticks w/Marinara	2 Send	Chicken Parm w/Breadstick	2 Send	Pizza Mac	2 Send	Pepperoni Pizza	2 Send
Broccoli Raisin Salad (Dark Green)	2x recipe	Cole Slaw (Other)	2x recipe	Baked Beans (Legumes)	2x recipe	Cherry Tomatoes (Red/Orange)	9 pints	Carrots (Red/Orange)	6#
Refried Beans (Legumes)	2x recipe	Broccoli w/Cheese (Dark Green)	2x recipe	Sweet Potato Fries (Red/Orange)	8# frz	Scalloped Potatoes (Starchy)	1x recipe	Cauliflower (Other)	5#
Blueberries	8#	Pears	2 #10 cans	Applesauce	2 #10 cans	Peaches	2 #10 cans	Grapes	9#
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: December 12-16

MONDAY 12	Quantity Ordered	TUESDAY 13	Quantity Ordered	WEDNESDAY 14	Quantity Ordered	THURSDAY 15	Quantity Ordered	FRIDAY 16	Quantity Ordered
Corndog	Send	Chili w/Cinnamon Roll	2 Send	Cheesy Bread w/Marinara	2 Send	Cheeseburger	2 Send	Chicken Sticks w/Roll	2 Send
Mixed Greens (Dark Green)	6#	Oven Fries (Starchy)	5#	Cucumbers (Other)	7 ea.	Baked Beans (Legumes)	2x recipe	Cucumbers (Other)	6#
Au Gratin Potatoes (Starchy)	1x recipe	Cherry Tomatoes (Red/Orange)	10 pints	Yams (Red/Orange)	3 #10 cans	Carrots (Red/Orange)	6#	Mashed Potatoes (Starchy)	1.25x recipe
Mandarin Oranges	2 #10 cans	Grapes	9#	Cinnamon Applesauce	2 #10 cans	Peaches	2 #10 cans	Fruit Mix	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: December 19-23

MONDAY 19	Quantity Ordered	TUESDAY 20	Quantity Ordered	WEDNESDAY 21	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
SW Pork Rice Bowl	Send	Pizza Sticks w/Marinara	2 Send	Hamburger	2 Send	No School!			
Kale Raisin Salad (Dark Green)	4x recipe	Scalloped Potatoes (Starchy)	1x recipe	Potato Salad (Starchy)	40x recipe				
Green Beans (Other)	2 #10 cans	Tomato Wedges (Red/Orange)	10#	Carrots (Red/Orange)	6#				
Blueberries	8#	Pears	2 #10 cans	Applesauce	2 #10 cans				
Apple	40	Oranges	40	Banana	40				
Choice of Milk	40	Choice Of Milk	40	Choice of Milk	40				