

Heartland K-12 Menu

WEEK 1: Feb 5th - 9th

90 kids total

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Chicken Alfredo Bake w/ Garlic Toast		Spicy Italian Sub		Hamburger		Walking Taco w/ Spanish Rice		Chicken Tender Basket	
	Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send
Asian Blend (Other)		Au Gratin Potatoes (Starchy)		Mexican Fries (Starch)		Baked Beans (Legume)		Green Beans (Other)	
Broccoli (Dark Green)		Carrots (Red/Orange)		Cauliflower (Other)		Carrots (Red/Orange)		Carrots (Red/Orange)	
Mandarin Oranges		Oranges	90	Strawberries		Oranges		Grapes	
Apples	90	Blueberries		Banana	90	Cinnamon Applesauce		Banana	90
Choice of Milk	90	Choice of Milk	90	Choice of Milk	90	Choice of Milk	90	Choice of Milk	90

WEEK 2: Feb 12th - 16th

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	
Supreme Pizza		Beef Enchilada w/ Brown Rice		Cheesy Bread w/ Marinara		No School		No School	
	Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send
Carrots (Red/Orange)		Refried Beans (Legume)		Baked Potato (Starchy)					
Hot: Mashed Potatoes (Starchy)		Broccoli (Dark Green)		Cucumbers (Other)					
Blueberries		Grapes		Peaches					
Apples		Oranges	90	Banana	90				
Choice of Milk		Choice of Milk	90	Choice of Milk	90				

WEEK 3: Jan 22nd - 26th

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	
No School		Turkey Club Sandwich		Cheese Pizza w/ Garlic Toast		Cheeseburger		Panackes w/ Eggs & Hashbrowns	
	Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send
		California Blend (Other)		Green Peas (Starchy)		Baked Beans (Legume)		Green Beans (Other)	
		Carrots (Red/Orange)		Carrots (Red/Orange)		Spinach (Dark Green)		Carrots (Red/Orange)	
		Blueberries		Grapes		Pineapple		Cinnamon Applesauce	
		Oranges	90	Banana	90	Apples	90	Oranges	90
		Choice of Milk	90	Choice of Milk	90	Choice of Milk	90	Choice of Milk	90

WEEK 4: Jan 29 - Feb 2nd

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	
Wing Bar		Chicken or Cheese Quesadilla		Chicken Parm w/ Spaghetti		Ham, Egg and Cheese Bagel & String Cheese		Cheesy Bread Pizza w/ Marinara	
	Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send
Tater Tots (Starchy)		Cajun Beans (Legumes)		Green Peas (Starchy)		California Blend (Other)		Hot: Potato Roasters (Starchy)	
Broccoli Florets (Dark Green)		Carrots (Red/Orange)		Celery (Other)		Carrots (Red/Orange)		Carrots (Red/Orange)	
Grapes		Applesauce		Strawberries		Peaches		Lemon	
Apples	90	Oranges	90	Banana	90	Oranges	90	Apple	90
Choice of Milk	90	Choice of Milk	90	Choice of Milk	90	Choice of Milk	90	Choice of Milk	90