

Heartland School K-12 Menu

WEEK 1: April 30 - May 4

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Beef & Bean Burrito w/ Cheese Sauce		Spicy Italian Sub		General Tso Chicken w/ Vegetable Lo Mein		Hot Dog		Chicken Parmesan Pasta	
	Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send
Tater Tots (Starchy)		Oven Fries (Starchy)		Mexican Fries (Starchy)		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	90	Fruit Mix	
Apples	90	Blueberries		Banana	90	Cinnamon Applesauce		Apples	90
Choice of Milk	90	Choice of Milk	90	Choice of Milk	90	Choice of Milk	90	Choice of Milk	90

WEEK 2: May 7 - 11

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	
Beef Tacos		Mini Corn Dogs w/ Oven Fries		Cheesy Bread w/ Marinara		Crispito w/ Cheese Sauce & Chips		Cooks Choice	
	Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send
Carrots (Red/Orange)		Steamed Carrots (Red/Orange)		Edamame (Legumes)		Potato Roasters (Starchy)		Mashed Potatoes (Starchy)	
Hot: Broccoli (Dark Green)		Cauliflower (Other)		Cucumbers (Other)		Carrots (Red/Orange)		Carrots (Red/Orange)	
Blueberries		Strawberries		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: May 14 - 18

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	
Chicken Alfredo Bake w/ Garlic Toast		Chicken Patty Sandwich		Walking Taco		Pepperoni Pizza		Cooks Choice	
	Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send		Quantity 2 Send
Italian Mashed Potatoes (Starchy)		Corn (Starchy)		Black Beans (Legumes)		Broccoli w/ Cheese (Dark Green)		Green Beans (Other)	
Carrots (Red/Orange)		Celery (Other)		Carrots (Red/Orange)		Cauliflower (Other)		Carrots (Red/Orange)	
Strawberries		Blueberries		Mandarin Oranges		Pineapple		Cinnamon Applesauce	
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

WEEK 4: May 21 - 25

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		Crispito w/ Cheese Sauce & Chips							
	Quantity 2 Send		Quantity 2 Send	HEARTLAND COOKS					
Tater Tots (Starchy)		Cajun Beans (Legumes)							
Broccoli Florets (Dark Green)		Carrots (Red/Orange)							
Grapes		Applesauce							
Apples	90	Oranges	90						
Choice of Milk	90	Choice of Milk	90						

WEEK 5: May 28 - June 1

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	
							Quantity 2 Send		Quantity 2 Send