

# Heartland K-12 Menu

WEEK 1: October 1 - 5

90 kids total

MONDAY	Ordered	TUESDAY	Ordered	WEDNESDAY	Ordered	THURSDAY	Ordered	FRIDAY	Ordered
Pizza Sticks w/ Marinara		Crispitos w/ Chips & Cheese Sauce		Mini Corn Dogs		Beef Walking Taco		French Toast Sticks w/ Cheesy Eggs	
Gluten Free Cheese Pizza		Chips & Cheese		GF Hot Dog		Beef Walking Taco (no seasoning on beef)		Gluten Free Bagel w/ Cheesy Eggs	
	Send		2 Send		2 Send		2 Send		2 Send
Mashed Potatoes (Starchy)		Southwest Pinto 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: October 8 - 12

MONDAY	Ordered	TUESDAY	Ordered	WEDNESDAY	Ordered	THURSDAY	Ordered	FRIDAY	Ordered
Baked Penne Pasta w/ Breadstick		Sweet and Sour Chicken w/ Brown Rice		BBQ Pork Sandwich		Cheese Pizza		Turkey Sandwich (Lettuce, Onion, Tomatoe)	
Gluten Free Baked Spaghetti w/ GF Roll		Sweet and Sour Chicken w/ Brown Rice		GF BBQ Pork Sandwich		Gluten Free Cheese Pizza		GF Turkey Sandwich	
	Send		2 Send		2 Send		2 Send		2 Send
Carrots (Red/Orange)		Green Beans (Other)		Celery Sticks (Other)		California Blend (Other)		Refried Beans w/ Cheese (Legume)	
Mashed Potatoes (Starchy)		Carrots (Red/Orange)		Broccoli w/ Cheese (Dark Green)		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: October 15 -19

MONDAY	Ordered	TUESDAY	Ordered	WEDNESDAY	Ordered	THURSDAY	Ordered	FRIDAY	Ordered
Crispy Chicken Sandwich		Beef & Cheese Nachos		Heartland Cooks		Heartland Cooks		NO SCHOOL	
GF Chicken Tender Sandwich		Beer (no seasoning) & Cheese Nachos							
	Send		2 Send						
Green Beans (Other)		Mexican Black Beans (Legume)						no school	
Broccoli (Dark Green)		Carrots (Red/Orange)						no school	
Blueberries		Applesauce						no school	
Apples	90	Oranges	90					no school	
Choice of Milk	90	Choice of Milk	90					no school	

WEEK 4: October 22 - 26

MONDAY	Ordered	TUESDAY	Ordered	WEDNESDAY	Ordered	THURSDAY	Ordered	FRIDAY	Ordered
Spaghetti & Meatsauce		General Tso Chicken w/ Lo Mein		Hamburger		Cheese Pizza		Chicken Parm Sandwich	
GF Spaghetti and Meatsauce		Sweet and Sour Chicken w/ Brown Rice		GF Hamburger		GF Cheese Pizza		GF Chicken Tender Parm Sandwich	
	Send		2 Send		2 Send		2 Send		2 Send
Green Beans (Other)		Sesame Roasted Carrots (Red/Orange)		Stir Fry Blend (Other)		Baked Beans (Legume)		Mashed Potatoes (Starchy)	
Carrots (Red/Orange)		Broccoli (Dark Green)		Celery (Other)		Cucumbers (Other)		Carrots (Red/Orange)	
Strawberries		Blueberries		Mandarin Oranges		Cantaloupe		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 5: October 29 - Nov 2

MONDAY	Ordered	TUESDAY	Ordered	WEDNESDAY	Ordered	THURSDAY	Ordered	FRIDAY	Ordered
Alfredo Mac w/ Breadstick		Pulled Turkey & Cheese Nachos		Cheeseburger		Pepperoni Pizza		Beef Tacos (Salsa)	
GF Mac and Cheese		Pulled Turkey & Cheese Nachos		GF Cheeseburger		GF Pepperoni Pizza		Beef & Cheese Nachos (no seasoning)	
	Quantity 2		Quantity		Quantity		Quantity		Quantity
Steamed Carrots (R/O)		Scalloped Potatoes (Starchy)		Oven French Fries(Starchy)		Corn (Starchy)		Refried Beans w/ Cheese (Legume)	
Broccoli (DG)		Carrots (R/O)		Celery (Other)		Cucumbers (Other)		Carrots (Red/Orange)	
Blueberries		Cantaloupe		Peaches		Pineapple		Pears	
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