

Heartland 9-12 Menu

WEEK 1: September 4-8

30-50 kids total

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
ENJOY YOUR LABOR DAY!		Cheeseburger		Crispito w/Chips & Cheese Sauce		Hot Dog		Cheese Quesadilla	
			2 Send		2 Send		2 Send		2 Send
		Red Pepper Sticks (Red/Orange)	6#	Mixed Greens (Dark Green)	6#	Carrots (Red/Orange)	6#	Black Bean & Corn Salsa (Legumes)	1.25x recipe
		Roasted Summer Squash (Other)	7# frz	SW Pinto Beans (Legumes)	2x recipe	Baked Beans (Legumes)	2 #10 cans	Roasted Pineapple (Other)	5.5x recipe
		Blueberries	8#	Strawberries	8#	Cinnamon Applesauce	2 #10 cans	Grapes	9#
		Apple	40	Orange	40	Banana	40	Apple	40
		Choice of Milk	40	Choice of Milk	40	Choice of Milk	40	Choice of Milk	40

WEEK 2: September 11-15

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Beef Nachos		Meatloaf w/Garlic Toast		Chicken Fried Rice		Mini Corndogs		Cheesy Bread w/Marinara	
	Send		2 Send		2 Send		2 Send		2 Send
Broccoli Raisin Salad (Dark Green)	1.5x recipe	Green Pepper Sticks (Other)	4#	Cucumbers (Other)	7 ea.	Cherry Tomatoes (Red/Orange)	9 pints	Carrots (Red/Orange)	6#
Carrots (Red/Orange)	6#	Mashed Potatoes (Starchy)	1.25x recipe	Cauliflower (Other)	8# frz	Refried Beans w/Cheese (Legumes)	1.5x recipe	Peas (Starchy)	8# frz
Blueberries	8#	Strawberries	8#	Peaches	2 #10 cans	Pineapple	2 #10 cans	Watermelon	5 melons
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: September 18-22

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Pepperoni Pizza		Beef Tacos		Popcorn Chicken w/Pretzel		Grilled Cheese		RibBQ	
	Send		2 Send		2 Send		2 Send		2 Send
Mixed Greens (Dark Green)	6#	Green Beans (Other)	2 #10 cans	Baked Potato (Starchy)	40	Glazed Carrots (Red/Orange)	4x recipe	Tuscan Salad (Red/Orange & Other)	10x recipe
Squash Medley (Other)	8#	Cherry Tomatoes (Red/Orange)	9 pints	Garbanzo Beans (Legumes)	2 #10 cans	Cauliflower (Other)	6#	Corn (Starchy)	9# frz
Strawberries	8#	Blueberries	8#	Grapes	9#	Watermelon	5 melons	Cinnamon Applesauce	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: September 25-29

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Turkey Club		Chicken Quesadilla		Cheeseburger		Chicken Stir Fry w/Lo Mein		Macaroni & Cheese w/Garlic Knot	
	Send		2 Send		2 Send		2 Send		2 Send
Carrots (Red/Orange)	6#	Corn (Starchy)	9# frz	Red Bell Pepper Sticks (Red/Orange)	4#	Creamy Tomato & Cuke Salad (Other)	3x recipe	Broccoli (Dark Green)	6#
Tater Tots (Starchy)	8#	Coleslaw (Other)	2x recipe	Baked Beans (Legumes)	2 #10 cans	Roasted Potatoes (Starchy)	40	Carrots (Red/Orange)	6#
Blueberries	8#	Applesauce	4 #10 cans	Strawberries	8#	Cantaloupe	4 melons	Fruited Jell-O	.5 x recipe
Apple	40	Orange	40	Banana	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