

Heartland 9-12 Menu

WEEK 1: January 2-6

30-50 kids total

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
Welcome Back January 9th!									

WEEK 2: January 9-13

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
9		10		11		12		13	
Tater Tot Casserole w/Biscuit		Tacos		Pepperoni Pizza		Breaded Chicken Sandwich		Lasagna Roll-Up w/Breadstick	
	Send		2 Send		2 Send		2 Send		2 Send
Broccoli (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)	6# 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: January 16-20

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
		17		18		19		20	
No School!		Cheesy Bread w/Marinara		Cheeseburger		Hot Dog		Ravioli w/Breadstick	
			2 Send		2 Send		2 Send		2 Send
		Oven Fries (Starchy)	5#	Cucumbers (Other)	7 ea.	Baked Beans (Legumes)	2x recipe	Cucumbers (Other)	6#
		Cherry Tomatoes (Red/Orange)	10 pints	Yams (Red/Orange)	3 #10 cans	Carrots (Red/Orange)	6#	Mashed Potatoes (Starchy)	1.25x recipe
		Grapes	9#	Cinnamon Applesauce	2 #10 cans	Peaches	2 #10 cans	Fruit Mix	2 #10 cans
		Banana	40	Orange	40	Apple	40	Orange	40
Choice of Milk	40	Choice of Milk	40	Choice of Milk	40	Choice of Milk	40		

WEEK 4: January 23-27

MONDAY	Quantity Ordered	TUESDAY	Quantity Ordered	WEDNESDAY	Quantity Ordered	THURSDAY	Quantity Ordered	FRIDAY	Quantity Ordered
		24		25		26		27	
Sweet & sour Chicken w/ rice		Tacos		Hamburger		Southwest Pork Bowl		Lasagna Roll-Up w/Breadstick	
	Send		2 Send		2 Send		2 Send		2 Send
Kale Raisin Salad (Dark Green)	4x recipe	Scalloped Potatoes (Starchy)	1x recipe	Potato Salad (Starchy)	40x recipe	Creamy Tomato & Cuke Salad (Other)	3x recipe	Carrots (Red/Orange)	6#
Green Beans (Other)	2 #10 cans	Tomato Wedges (Red/Orange)	10#	Carrots (Red/Orange)	6#	Cajun Kidney Beans (Legumes)	2x recipe	Edamame (Legumes)	12#
Blueberries	8#	Pears	2 #10 cans	Applesauce	2 #10 cans	Peaches	2 #10 cans	Fruited Jell-O	5 recipe
Apple	40	Oranges	40	Banana	40	Apple	40	Apricots	2 #10 cans
Choice of Milk	40	Choice Of Milk	40	Choice of Milk	40	Choice of Milk	40	Choice of Milk	40