

October Heartland & Harmony Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		10-1 French Toast Sticks & Sausage Potato Triangles Baby Carrots Strawberries & Diced Peaches Milk	10-2 WOW Butter & String Cheese California Veggies Romaine Salad Orange Wedges Milk	10-3 NO SCHOOL
10-6 Mac & Cheese & Roll Romaine & Spinach Salad Pineapple Mandarin Oranges Milk	10-7 Chicken Strips Sidewinder Fries Green Beans Rosy Applesauce Milk	10-8 Mini Corn Dogs Cucumbers Pears Pineapple	10-9 Cheese Pizza Black Beans Shredded Lettuce Fruit Cocktail Milk	10-10 NO SCHOOL
10-13 Breaded Chicken Sandwich Crinkle Cut Carrots Broccoli Mandarin Oranges Milk	10-14 Chicken Tenders Potato Triangles Shredded Lettuce Fruit Cocktail Milk	10-15 NO SCHOOL	10-16 NO SCHOOL	10-17 NO SCHOOL
10-20 Chicken Nuggets Mashed Potatoes & Gravy Baby Carrots Mandarin Oranges Milk	10-21 Country Breaded Steak Sandwich Baked Beans Romaine Salad Pineapple Vanilla Pudding Milk	10-22 Mini Corn Dogs Grape Tomatoes Applesauce Peaches Milk	10-23 Chicken Strips Black Beans Apple Slices Lemon Berry Frozen Fruit Cup Milk	10-24 NO SCHOOL
10-27 Chicken Quesadilla Potato Smiles Romaine Salad Mandarin Oranges Milk	10-28 Hot Dog Corn Broccoli Peaches Milk	10-29 French Toast Sticks & Sausage Potato Triangles Baby Carrots Strawberries & Diced Peaches Milk	10-30 WOW Butter & String Cheese California Veggies Romaine Salad Orange Wedges Milk	10-31 NO SCHOOL