

HEARTLAND OUTDOOR ENVIRONMENTAL SCHOOL

SAMPLE MENU ITEMS

If there are any concerns for dietary or religious reasons, the menu MAY be revised if we receive an ADVANCED (minimum of 2 weeks) notice about the matter. Any changes in the menu will be made at the discretion of the Heartland staff.

BREAKFAST:

Eggs
Sausage
Hash browns
Bacon
Pancakes
French toast
Waffles
Dry cereal
Oatmeal
Coffee cake/cinnamon rolls
Muffins
Milk and water

DINNER:

Ham
Spaghetti and meat sauce
Macaroni and cheese
Roast beef
Chicken nuggets
Hamburgers
Pork loin
Mashed potatoes
Carrots
Broccoli
Green beans
Corn
Rolls
Dessert
Juice and water

LUNCH:

Ham and cheese subs
Turkey sandwiches
Tacos
Hot dogs
Corn dogs
Grilled cheese
French fries
Pizza
Hamburgers
Chicken fingers
Dessert
Juice and water