



Heartland Technical Education Center

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BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

French toast sticks

01

Mini Cinnis

02

Stuffed Hashbrowns

03

Muffins

04

Labor day
No School

07

Pancake

08

Breakfast burrito

09

Apple cinnamon Texas toast

10

Donut

11

Breakfast pizza

14

French toast sticks

15

Biscuit & sausage gravy

16

Strawberry cream cheese
bagel bites

17

Muffins

18

Breakfast pizza

21

Waffle

22

Breakfast burrito

23

Apple cinnamon Texas toast

24

No School
Prof development day

25

Breakfast pizza

28

French toast sticks

29

Biscuits & sausage gravy

30



Breakfast- \$1.75. 1% milk & 100% juice served daily. Fruit served daily. All bread products are whole grain . Meals are subject to change. This is an equal opportunity provider

SEPTEMBER 2026



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LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken Quesadilla
Black beans
Red peppers
Slushy cup

01

Calzone
Steamed broccoli
Cucumbers
Peaches

02

Popcorn chicken
Mashed potatoes & gravy
Corn
Dinner roll
Pineapple

03

Pulled Pork sandwich
Glazed carrots
Coleslaw
Fruit Juice

04

**Labor Day
No School**

07

Taco meat, chips and cheese
Refried beans
Salsa
Applesauce

08

Chicken wrap
Fries
Lettuce & tomato
Peaches

09

Chicken alfredo
Steamed Broccoli
Side salad
Pineapple

10

Big daddy pizza
Green beans
Baby carrots
Fruit Juice

11

Mac & cheese
Roasted sweet potatoes
Green peppers
Dinner roll
Apples

14

Fiestada (Mexican pizza)
Black beans
California blend vegetables
Applesauce

15

Regular or spicy chicken
sandwich
Fries
Lettuce, tomato, pickle
Peaches

16

Orange chicken
Fried rice
Steamed Broccoli
Pineapple

17

Italian sub
Green beans
Side salad
Slushy cup

18

Chicken tenders
Sweet potato fries
Cauliflower
Oranges

21

Soft taco
Refried beans
Red pepper slices
Applesauce

22

Cheeseburger
Fries
Lettuce, tomato, pickle
Peaches

23

Stuffed crust Pizza
Green beans
Side salad
Pineapple

24

**No School
Prof development day**

25

Mini corn dogs
Broccoli w/ cheese
Bake beans
Apples

28

Loaded Tots (turkey bacon &
cheese sauce)
Soft pretzel
Red pepper slices
Fruit cup

29

BBQ rib sandwich
Sweet potato fries
Coleslaw
Pears

30



Lunch- \$3.50 1% white or chocolate milk served daily. Fruit served daily. All bread products are whole grain . Meals are subject to change. This is an equal opportunity provider

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