



# Food Zone

**Summer Menu Week 7: July 14th- July 18th**

**Heights High 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Breakfast Menu</b>		
<b>Whole Grain Pancakes with</b> Assorted Fresh Fruit and Cupped Fruit	<b>Cinnamon Pull Apart Strudel with</b> Assorted Fresh Fruit And Cupped Fruit	<b>Whole Grain Yeast Raised Donuts with</b> Assorted Fresh Fruit and Cupped Fruit	<b>Whole Grain Waffles with</b> Assorted Fresh Fruit and Cupped Fruit	<b>Whole Grain Assorted Fruit Muffins Yogurt Cup with</b> Assorted Fresh Fruit and Cupped Fruit
<b>All Beef Calzone or Cheese Bosco Stick With</b> Marinara Sauce Cup Green Beans Assorted Fresh Fruit and Vegetable Bar	<b>BBQ Beef Riblet with</b> Mac and Cheese Seasoned Peas Garlic Bread Stick Assorted Fresh Fruit and Vegetable Bar	<b>Chicken Filet Sandwich with</b> BBQ Baked Beans Assorted Fresh Fruit and Vegetable Bar	<b>Cheese or Pepperoni Pizza With</b> Glazed Carrots Assorted Fresh Fruit and Vegetable Bar	<b>Boneless Wings With</b> Mashed Potato & Gravy, Seasoned Corn Dinner Roll Assorted Fresh Fruit and Vegetable Bar

## **MENU SUBJECT TO CHANGE**

Milk is Offered with Every Meal! Choices Include: Fat Free Chocolate and Low Fat White

### **Breakfast**

Assorted Fresh, Dried Fruit, 100% Fruit Juice, String Cheese, Assorted Grahams, Whole Grain Cereal, Cereal Bars, Muffins, Donuts, Bagels and Assorted Milk will be Offered Daily

### **Lunch**

Includes: Entrée (Grain and Meat/Meat Alternative), Two Servings of Fruits or Vegetables, One Milk  
Daily choices on the Fresh Fruit and Produce Bar may include: Apples, Oranges, Bananas, Dried Fruit, Romaine Lettuce, Carrots, Grape Tomatoes, Broccoli, Cucumbers, and/or other Seasonal Options.

**Please discuss any food allergy issues concerning your child with the Food Service Director @ 216-320-2007 .**

USDA is an Equal Opportunity Provider, Employer, and Lender

## **Free Summer Meals Program Any Child 18 and Under**

**Open to Public**

**Breakfast**

**8:00am-9:30am**

**Lunch**

**11:00am-1:00pm**

**Heights High School (June 3<sup>rd</sup>-August 8<sup>th</sup>)  
Boulevard Elementary (June 9<sup>th</sup>-August 8<sup>th</sup>)**

**All Sited Closed June 19<sup>th</sup> and July 4<sup>th</sup>**