



Food Zone

Summer Menu Week 10: Aug. 4th- Aug. 8th

Heights High 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast Menu		
Whole Grain Cinn. Pull Apart Assorted Fresh Fruit and Cupped Fruit	Whole Grain French Toast Assorted Fresh Fruit And Cupped Fruit	Whole Grain Apple Frudel Assorted Fresh Fruit and Cupped Fruit	Whole Grain Waffle Assorted Fresh Fruit and Cupped Fruit	Whole Grain Assorted Fruit Muffins Yogurt Cup with Assorted Fresh Fruit and Cupped Fruit
BBQ Meatballs Macaroni and Cheese Green Peas Or Spicy Chicken Sandwich Assorted Fresh Fruit and Vegetable Bar	Tiger Chicken Filet Sandwich (Chipotle Mayo & Pickles) Baked French Fries Or All Beef Cheese/Hamburger Sandwich Assorted Fresh Fruit and Vegetable Bar	Chicken Alfredo Fajita Chicken Alfredo Sauce Penne Noodles with Green Beans Garlic Bread Stick Assorted Fresh Fruit and Vegetable Bar	Sweet and Sour Chicken Popcorn Chicken Brown Rice Steamed Broccoli Or Cheese Bosco Sticks Marinara Sauce Cup Assorted Fresh Fruit and Vegetable Bar	Cheese or Pepperoni Pizza Glazed Carrots Or All Beef Hot Dogs BBQ Baked Beans 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 3rd-August 8th)
Boulevard Elementary (June 9th-August 8th)

All Sited Closed June 19th and July 4th