



Food Zone

Summer Menu Week 7 July 13th – July 17th

Heights High 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast Menu		
WG Apple Frudel With 100% Fruit Juice Assorted Fresh Fruit and Cupped Fruit	WG Blueberry Waffle with Fresh Banana Assorted Fresh Fruit And Cupped Fruit	WG Yeast Donuts with 100% Fruit Juice Assorted Fresh Fruit and Cupped Fruit	WG Cinnamon Pull Apart Roll With Fresh Orange Slices Assorted Fresh Fruit and Cupped Fruit	WG Assorted Fruit Muffin With Yogurt 100% Fruit Juice Assorted Fresh Fruit and Cupped Fruit
BBQ Beef Meatballs with Macaroni and Cheese Seasoned Green Peas Dinner Roll Cantaloupe Assorted Fresh Fruit and Vegetable Bar	Breakfast for Lunch Cinnamon French Toast With Potato Triangle or Tater Tots 100 Calorie Syrup Watermelon Assorted Fresh Fruit and Vegetable Bar	WG Boneless Chicken Wings With Glazed Carrots Baked Onion Rings Fresh Strawberries Assorted Fresh Fruit and Vegetable Bar	WG Cheese or Pepperoni Pizza with Seasoned Green Beans Honey Dew Assorted Fresh Fruit and Vegetable Bar	All Beef Hot Dog With Onion, and Pickle Relish Shredded Cheese, BBQ Baked Beans Fresh Grapes 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 .

This Institution is an Equal Opportunity Provider

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 1st- August 7th

Boulevard Elementary: June 8th- August 7th

Oxford Elementary: June 8th- June 27th

Noble Elementary: June 10th-July 31st

Gearity Elementary: August 3rd- August 12th (Mon. thru Thur. Only)

All Sites Closed June 19th and July 3rd