



2017

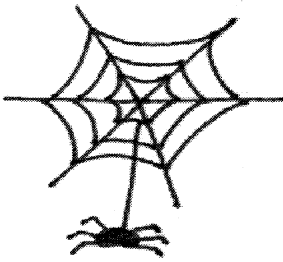
HESKETT MIDDLE SCHOOL

Grades 7 & 8

National School Lunch Week is Oct. 9 - Oct. 13 *Come Join Us For Lunch!*
Healthy Choices.....Healthy Life

STOP: Important message: YOU MUST REAPPLY

Students must have a **2017-2018 Free and Reduced Meal application on file by Oct. 6, 2017** or have received notification of Direct Certification to continue to be eligible for free and reduced benefits. Students that do not have 2017-2018 application or a Direct Cert. notice by 10/6/17 must be removed from the program as of 10/9/17. You may reapply at any time during the school year!

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apple Juice Pop Tart (2wg) Applesauce Cup Low Fat Milk-Variety	Apple Juice Breakfast Builder(2wg) Egg & Cheese Chilled Peaches Low Fat Milk-Variety	Apple Juice Banana Bread Slice Craisins Low Fat Milk-Variety	Apple Juice Dream Waffle (2wg) Fresh Apple Low Fat Milk-Variety	Apple Juice MINI DONUTS wg Chilled Peaches Low Fat Milk-Variety	Cal 524 T.Fat 11.04 G S.Fat 4.7 G Chol 26.1 Mg Sodm 476.61 Mg
2 Cheese Stuffed Breadstick w/ Dip Bearcat W.G. Pizza Spinach Green Beans Fruit Cocktail Low Fat Milk-Variety	3 Pizza Pepperoni Hot Dog (turkey) on Bun w/ condiments Vegetarian Baked Beans Peas Applesauce Cup Low Fat Milk-Variety	4 Chicken Fingers wg w/ ranch Dip Garden Salad & Dressing Carrot Sticks Split Top Wheat Roll Fresh Apple Low Fat Milk-Variety	5 Taco Wedges Snax Corn Dog (chicken)wg Cool Cucumber & Tomato w/ Lite Dip Cooked Carrots Strawberry Cup Low Fat Milk-Variety	6 Creamy Macaroni & Cheese Split Top Wheat Roll Cheesy Fish Sandwich w/ tartar sauce Steamed Cauliflower Carrot Sticks Chilled Peaches Low Fat Milk-Variety	Cal 700 T.Fat 18.78 G S.Fat 6.1 G Chol 50.3 Mg Sodm 1286.01 Mg Carb 104.43 G Fiber 11.4 G Prtn 34.10 G Iron 4.37 Mg Calc 790.71 Mg
9 Hot Dog (turkey) on Bun w/ condiments Bearcat W.G. Pizza Vegetarian Baked Beans Broccoli Peach Cup Low Fat Milk-Variety	10 Hamburger w/ Bun w/ condiments Turkey Fritter on Whole Wheat Bun/mayo Walking Salad with Lite Dip Corn Fresh Orange Quarters Low Fat Milk-Variety	11 Calzone w/ beef pepperoni Chicken Patty on Bun Green Beans Carrot Sticks Chilled Peaches Low Fat Milk-Variety	12 Chicken Fingers wg w/ ranch Dip Split Top Wheat Roll Super Sub w/ Condiments Collard Greens w/ onion Carrot Sticks Pineapple Tidbits Low Fat Milk-Variety	13 No School Today 	Cal 699 T.Fat 20.56 G S.Fat 5.9 G Chol 58.4 Mg Sodm 1239.09 Mg Carb 98.89 G Fiber 10.5 G Prtn 35.02 G Iron 5.51 Mg Calc 755.53 Mg

Menu offers the choice of one entree

"This Institution is an equal opportunity provider."

Ingredients and menu items are subject to change or substitution without notice.

October



Got Serious Food Allergies or Restrictions?

Drop by the Nutrition Services office or call 440-439-4530.

Heskett
Middle School

Opps! Are you running late...forgot to stop at the bank? Need lunch money for your kids?? Bedford City Schools offer a convenient service that allows you, for a small fee, to securely pay for your students meals online using your credit /debit card. You can place money on all your kids accounts at one time! Opening an account is easy. So go to <https://myschoolbucks.com> and sign up!

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
16 Orange Juice GFS w/ Oven Fried Chicken Drumstick Split Top Wheat Roll Bearcat W.G. Pizza Corn Carrot Sticks Low Fat Milk-Variety	17 Super Sub w/ Condiments Hot Dog (turkey) on Bun w/ condiments Green Beans Carrot Sticks Strawberry Cup Low Fat Milk-Variety	18 Chicken Nuggets w/ BBQ /WG rolls Broccoli Garden Salad & Dressing Pineapple Tidbits Low Fat Milk-Variety	19 Philly Style Chopped Steak and Cheese Cheese Sandwich Fiesta Bean Salad Peas Fresh Apple Low Fat Milk-Variety	20 Cheesey Fish Sandwich w/ tartar sauce Stuffed Crust Pep Pizza Garden Salad & Dressing Carrot Sticks Applesauce Cup Low Fat Milk-Variety	Cal 664 T.Fat 20.79 G S.Fat 6.1 G Chol 51.6 Mg Sodm 1313.60 Mg Carb 91.49 G Fiber 9.2 G Prtn 30.60 G Iron 3.83 Mg Calc 691.94 Mg
23 Hot Dog (turkey) on Bun w/ condiments Bearcat W.G. Pizza Vegetarian Baked Beans Spinach Applesauce Cup Low Fat Milk-Variety	24 Walking Taco Turkey Fritter on Whole Wheat Bun/mayo Walking Salad with Lite Dip Corn Chilled Peaches Low Fat Milk-Variety	25 Cheeseburger on Bun w/ Condiments Chicken Patty on Bun Green Beans Carrot Sticks Pineapple Tidbits Low Fat Milk-Variety	26 Ham and Cheese Stuffer Super Sub Broccoli Carrot Sticks Chilled Pears Low Fat Milk-Variety	27 Chicken Quesadilla Cheesey Fish Sandwich w/ tartar sauce Garden Salad & Dressing Carrot Sticks Fruit Cocktail Low Fat Milk-Variety	Cal 683 T.Fat 19.91 G S.Fat 6.1 G Chol 47.5 Mg Sodm 1350.25 Mg Carb 99.06 G Fiber 11.1 G Prtn 32.91 G Iron 4.32 Mg Calc 845.47 Mg
30 Cheese Stuffed Breadstick w/ Dip Bearcat W.G. Pizza Spinach Green Beans Fruit Cocktail Low Fat Milk-Variety	31 <u>Happy Halloween!</u> Pizza Pepperoni Hot Dog (turkey) on Bun w/ condiments Vegetarian Baked Beans Peas Applesauce Cup Low Fat Milk-Variety	1 <u>November</u> Chicken Fingers w/ g w/ ranch Dip Garden Salad & Dressing Carrot Sticks Split Top Wheat Roll Fresh Apple Low Fat Milk-Variety	2 Taco Wedges Snax Corn Dog (chicken)w/ g Cool Cucumber & Tomato w/ Lite Dip Cooked Carrots Strawberry Cup Low Fat Milk-Variety	3 Creamy Macaroni & Cheese Split Top Wheat Roll Cheesey Fish Sandwich w/ tartar sauce Steamed Cauliflower Carrot Sticks Chilled Peaches Low Fat Milk-Variety	Cal 700 T.Fat 18.78 G S.Fat 6.1 G Chol 50.3 Mg Sodm 1286.01 Mg Carb 104.43 G Fiber 11.4 G Prtn 34.10 G Iron 4.37 Mg Calc 790.71 Mg

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