



2023



Breakfast offers the choice



**HESKETT
MIDDLE SCHOOL**
Grade 6, 7 & 8

Monday	Tuesday	Wednesday	Thursday	Friday	
Apple Frudel Pop Tart PB&J Pocket Bage/Lt Cream Cheese Banana Bread Slice Applesauce Cup Bearcat Parfait Apple Juice Low Fat Milk-Variety	Mini Donuts Pop Tart PB&J Pocket Bage/Lt Cream Cheese Banana Bread Slice Peach Cup Bearcat Parfait Orange Juice Low Fat Milk-Variety	Mini Breakfast Bagel Pop Tart PB&J Pocket Bage/Lt Cream Cheese Banana Bread Slice Raisins Bearcat Parfait Apple Juice Low Fat Milk-Variety	Dream Waffle Pop Tart PB&J Pocket Bage/Lt Cream Cheese Banana Bread Slice Fresh Apple Slices bag Bearcat Parfait Orange Juice Low Fat Milk-Variety	Cinn Blueberry Stuffed Breadstick Pop Tart PB&J Pocket Bage/Lt Cream Cheese Banana Bread Slice Mixed Fruit Cup Bearcat Parfait Apple Juice	Cal 518 T.Fat 10.48 G S.Fat 3.7 G Chol 14.7 Mg Sodm 423.54 Mg Carb 92.86 G Fiber 3.9 G Prtn 13.94 G Iron 2.46 Mg

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 School Resumes from Winter Break on Wednesday, January 4, 2023 Welcome back everyone!	3	4 Honey Sriracha Chicken Nuggets Split Top Wheat Roll French Fries Crinkle Cut Chick Pea Salad Carrot Sticks Fruit Cocktail	5 Crazy Cheese Bread Marinara Cups Taco Stick Salsa Cup Cuc & Tomato w/Dip Fresh Apple Low Fat Milk-Variety	6 Pepperroni Pizza Cheesy Fish Sandwich Garden Salad & Dressing Cooked Carrots Chilled Pears Low Fat Milk-Variety	Cal 716 T.Fat 21.68 G S.Fat 6.7 G Chol 54.9 Mg Sodm 1267.46 Mg Carb 101.05 G Fiber 8.8 G Prtn 32.44 G
9 Domino's Pizza Wango Mango Juice Carrot Sticks Fresh Orange Quarters Low Fat Milk-Variety	10 Chili w/ Cheese Corn Loaf PB&J Kit Fresh Vegetable Plate w/ low fat dip Crinkle Cut Fries Fresh Grapes Low Fat Milk-Variety	11 Chicken Fingers w/ BBQ sauce Goldfish wg Vegetarian Baked Beans Red Veg Plate Apple Juice Low Fat Milk-Variety	12 Bearcat Pizza Bagel Turkey & Cheese Wrap Collard Greens w/ onion Corn Fruit Cocktail Low Fat Milk-Variety	13 Italian Meatball Sub Cheesy Fish Sandwich Cooked Carrots Celery Sticks Sour Cherry-Lemon Cup Low Fat Milk-Variety	Cal 739 T.Fat 18.36 G S.Fat 5.9 G Chol 53.6 Mg Sodm 1407.09 Mg Carb 112.88 G Fiber 9.8 G Prtn 33.65 G

Menu offers the choice of one entree

Free and Reduced meals are available to all children who may qualify. If you think you may be eligible, or if your income situation has changed, you can apply at anytime. Simply fill out a current 2022-2023 application or go to the district website on the Nutrition page and click on the online application link anywhere, anytime on the Titan Family Portal. If you have any questions about the Free and Reduced meal program please call 440-439-4530.

"This Institution is an equal opportunity provider."

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

JANUARY

2023



*Heskett
Middle School
Grade 6, 7 & 8*

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>16 NO SCHOOL TODAY!</p> <p>MARTIN LUTHER KING, JR. DAY</p>	<p>17 Rotini Pasta w/ Meat Sauce Bread Stick Twist Green Beans Garden Salad & Dressing Blue-Raspberry Cup Low Fat Milk-Variety</p>	<p>18 Italian Sub Celery Sticks Cheese Bites Marinara Cup Cooked Carrots Fresh Mandarin Orange Low Fat Milk-Variety</p>	<p>19 Chicken Patty on Bun Jumbo Cheese Ravioli in sauce w/ roll Curly Fries Chick Pea Salad Pineapple Tidbits Low Fat Milk-Variety</p>	<p>20 Calzone w/ beef pepperoni Cheesy Fish Sandwich Corn Walking Salad with Lite Dip Mixed Fruit Juice 100% Low Fat Milk-Variety</p>	<p>Cal 761 T.Fat 22.73 G S.Fat 6.7 G Chol 54.5 Mg Sodm 1337.65 Mg Carb 108.50 G Fiber 11.1 G Prtn 33.90 G Iron 3.61 Mg Calc 562.26 Mg</p>
<p>23 Domino's Pizza Garden Salad & Dressing Green Beans Orange Juice Low Fat Milk-Variety</p>	<p>24 Hamburger w/ Bun w/ condiments PB&J Kit Steamed Cauliflower Carrot Sticks Applesauce Cup Low Fat Milk-Variety</p>	<p>25 Pop Corn chicken BBQ Sauce Split Top Wheat Roll Vegetarian Baked Beans Crinkle Cut Fries Fresh Pear Low Fat Milk-Variety</p>	<p>26 Personal Pan Pizza Turkey & Cheese Wrap Collard Greens w/ onion Corn Fruit Cocktail Low Fat Milk-Variety</p>	<p>27 Corn Dog w/ Cheese Cup Cheesy Fish Sandwich Cooked Carrots Dragon Punch Juice Fresh Orange Quarters Low Fat Milk-Variety</p>	<p>Cal 682 T.Fat 18.02 G S.Fat 6.0 G Chol 51.0 Mg Sodm 1176.99 Mg Carb 102.42 G Fiber 9.8 G Prtn 31.44 G Iron 2.91 Mg Calc 578.05 Mg</p>
<p>30 Domino's Pizza Green Beans Walking Salad with Lite Dip Applesauce Cup Low Fat Milk-Variety</p>	<p>31 Honey BBQ Beef Rib/Bun Italian Sub Corn Broccoli and Dip Strawberry Mango Slushie Low Fat Milk-Variety</p>	<p>1 FEBRUARY Honey Sriracha Chicken Nuggets Split Top Wheat Roll French Fries Crinkle Cut Chick Pea Salad Carrot Sticks Fruit Cocktail Low Fat Milk-Variety</p>	<p>2 Crazy Cheese Bread Marinara Cups Taco Stick Salsa Cup Cool Cucumber & Tomato w/ Lite Dip Fresh Apple Low Fat Milk-Variety</p>	<p>3 Pepperroni Pizza Cheesy Fish Sandwich Garden Salad & Dressing Cooked Carrots Chilled Pears Low Fat Milk-Variety</p>	<p>Cal 716 T.Fat 21.68 G S.Fat 6.7 G Chol 54.9 Mg Sodm 1267.46 Mg Carb 101.05 G Fiber 8.8 G Prtn 32.44 G Iron 3.28 Mg Calc 596.65 Mg</p>

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Menu offers the choice of one entree

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