




2022 \*\*\*DON'T FORGET!\*\*\*

Set Your Clocks back 1 HOUR before you go to bed on Saturday, November 5 and change the

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

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Nutrients  |
|---|--|--|--|--|--|
| Apple Frudel<br>Pop Tart<br>PB&J Pocket<br>Bage/Lt Cream Cheese<br>Banana Bread Slice<br>Applesauce Cup<br>Bearcat Parfait<br>Apple Juice<br>Low Fat Milk-Variety | Mini Donuts<br>Pop Tart<br>PB&J Pocket<br>Bage/Lt Cream Cheese<br>Banana Bread Slice<br>Peach Cup<br>Bearcat Parfait<br>Orange Juice<br>Low Fat Milk-Variety | Mini Breakfast Bagel<br>Pop Tart<br>PB&J Pocket<br>Bage/Lt Cream Cheese<br>Banana Bread Slice<br>Raisins<br>Bearcat Parfait<br>Apple Juice<br>Low Fat Milk-Variety | Dream Waffle<br>Pop Tart<br>PB&J Pocket<br>Bage/Lt Cream Cheese<br>Banana Bread Slice<br>Fresh Apple Slices bag<br>Bearcat Parfait<br>Orange Juice<br>Low Fat Milk-Variety | Apple Cinn Texas Toast<br>Pop Tart<br>PB&J Pocket<br>Bage/Lt Cream Cheese<br>Banana Bread Slice<br>Mixed Fruit Cup<br>Bearcat Parfait<br>Apple Juice<br>Low Fat Milk-Variety | Cal 520<br>T.Fat 10.48 G<br>S.Fat 3.7 G<br>Chol 14.4 Mg<br>Sodm 423.87 Mg<br>Carb 93.56 G<br>Fiber 3.9 G<br>Prtn 13.94 G<br>Iron 2.50 Mg |

Breakfast offers the choice of one entree

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Nutrients  |
|--|--|---|---|---|--|
| 7<br>Domino's Pizza<br>Green Beans<br>Walking Salad with<br>Lite Dip<br>Applesauce Cup<br>Low Fat Milk-Variety   | 8<br>NO SCHOOL TODAY!<br><br>ELECTION DAY!                            | 9<br>Honey Sriracha<br>Chicken Nuggets<br>Split Top Wheat Roll<br>French Fries Crinkle<br>Cut<br>Chick Pea Salad<br>Carrot Sticks<br>Fruit Cocktail<br>Low Fat Milk-Variety | 10<br>Crazy Cheese Bread<br>Marinara Cups<br>Taco Stick<br>Salsa Cup<br>Cuc & Tomato w/Dip<br>Fresh Apple<br>Low Fat Milk-Variety | 11<br>Personal Pan Pizza<br>Cheesy Fish Sandwich<br>Garden Salad &<br>Dressing<br>Cooked Carrots<br>Chilled Pears<br>Low Fat Milk-Variety | Cal 715<br>T.Fat 20.18 G<br>S.Fat 6.2 G<br>Chol 49.9 Mg<br>Sodm 1245.70 Mg<br>Carb 104.81 G<br>Fiber 8.9 G<br>Prtn 31.86 G<br>Iron 3.14 Mg<br>Calc 628.79 Mg |
| 14<br>Domino's Pizza<br>Wango Mango Juice<br>Carrot Sticks<br>Fresh Orange Quarters<br>JonnyPop<br>Low Fat Milk-Variety<br><b><u>CELEBRATE WORLD<br/>KINDNESS DAY!</u></b> | 15<br>Chili w/ Cheese<br>Corn Loaf<br>PB&J Kit<br>Fresh Vegetable Plate<br>w/ low fat dip<br>Crinkle Cut Fries<br>Fresh Grapes<br>Low Fat Milk-Variety | 16<br>Turkey w/ M.Potatoes/<br>Roll<br>Corn<br>Baked Apple Slices<br>Pudding Cup<br>Low Fat Milk-Variety<br><br><b>Thanksgiving Feast!</b>                                  | 17<br>Personal Pan Pizza<br>Turkey & Cheese Wrap<br>Collard Greens w/ onion<br>Corn<br>Fruit Cocktail<br>Low Fat Milk-Variety     | 18<br>Italian Meatball Sub<br>Cheesy Fish Sandwich<br>Cooked Carrots<br>Celery Sticks<br>Sour Cherry-Lemon<br>Cup<br>Low Fat Milk-Variety | Cal 712<br>T.Fat 17.91 G<br>S.Fat 5.6 G<br>Chol 48.5 Mg<br>Sodm 1313.03 Mg<br>Carb 107.15 G<br>Fiber 9.0 G<br>Prtn 33.45 G<br>Iron 3.93 Mg<br>Calc 690.68 Mg |

Menu offers the choice of one entree

Celebrate World Kindness Day On Sunday, November 13  
to promote kindness throughout the world




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

"This Institution is an equal  
opportunity provider."

**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.**

*Heskett*

*Grade 6, 7 & 8*

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Nutrients   |
|---|--|---|---|---|---|
| <b>21</b><br>Domino's Pizza<br>Walking Salad with Lite Dip<br>Broccoli<br>Chilled Peaches<br>Low Fat Milk-Variety | <b>22</b><br>Rotini Pasta w/ Meat Sauce<br>Bread Stick Twist<br>Green Beans<br>Garden Salad & Dressing<br>Blue-Raspberry Cup<br>Low Fat Milk-Variety | <b>23</b><br>NO SCHOOL TODAY!<br><br>Thanksgiving Break!              | <b>24</b><br>NO SCHOOL TODAY!<br><br>Thanksgiving Day! | <b>25</b><br>NO SCHOOL TODAY!<br><br>Thanksgiving Break!         | Cal 721<br>T.Fat 21.33 G<br>S.Fat 6.3 G<br>Chol 53.5 Mg<br>Sodm 1303.65 Mg<br>Carb 102.50 G<br>Fiber 10.7 G<br>Prtn 33.50 G<br>Iron 3.54 Mg<br>Calc 562.26 Mg<br>Vit A 25.63 RE<br>Vit C 42.89 Mg |
| <b>28</b><br>Domino's Pizza<br>Garden Salad & Dressing<br>Green Beans<br>Orange Juice<br>Low Fat Milk-Variety     | <b>29</b><br>Hamburger w/ Bun w/ condiments<br>PB&J Kit<br>Steamed Cauliflower<br>Carrot Sticks<br>Applesauce Cup<br>Low Fat Milk-Variety            | <b>30</b><br>Pop Corn chicken<br>BBQ Sauce<br>Split Top Wheat Roll<br>Vegetarian Baked Beans<br>Crinkle Cut Fries<br>Fresh Pear<br>Low Fat Milk-Variety | <b>1</b><br><b>DECEMBER 1</b><br>Walking Taco<br>Mango Wango Juice<br>Fresh Apple<br>Low Fat Milk-Variety                                 | <b>2</b><br>Corn Dog w/ Cheese Cup<br>Cheesy Fish Sandwich<br>Cooked Carrots<br>Dragon Punch Juice<br>Fresh Orange Quarters<br>Low Fat Milk-Variety | Cal 654<br>T.Fat 17.17 G<br>S.Fat 5.8 G<br>Chol 53.7 Mg<br>Sodm 1077.01 Mg<br>Carb 97.68 G<br>Fiber 8.8 G<br>Prtn 29.88 G<br>Iron 2.41 Mg<br>Calc 523.24 Mg<br>Vit A 29.32 RE<br>Vit C 35.84 Mg   |

*Menu offers the choice of one entree*

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