

This institution is an equal opportunity provider.

Summer Meals at Heights Elementary Cafeteria June 2023



Monday	Tuesday	Wednesday	Thursday	Friday
FREE meals for all kids 18 & under.				
		7	8	9
		Deli Turkey & Cheese Sandwich, Lettuce, Tomato, Goldfish, Apple Slices, Milk	Burger w/wo Cheese on Bun, Ranch Wedges, Lettuce, Tomato, Pickle, Peach Slices, Milk	Taco Pizza, Peas, Baby Carrots, Banana, Milk
12	13	14	15	16
Maid Rite, Waffle Fries, Cole Slaw, Rosey Applesauce, Milk	Nacho Bites, Corn, Red & Green Pepper Strips, Orange Wheels, Milk	Mandarin Chicken, Rice, Broccoli & Cauliflower Blend, Apples with Yo carmel dip, Milk	Eggoji Waffle, Yogurt, Cheese Cubes, Cucumber Moons, Peas, Fresh Pineapple Fruit Salad, Milk	Cheese Pizza, Green Beans, Wango Mango, Cantaloupe Cubes, Milk
19	20	21	22	23
French Toast, Scrambled Eggs, Hashbrown, Pepper Strips, Orange Wheels, Milk	Popcorn Chicken, Fresh Baked Roll, Mashed Potatoes & Gravy, Baby Carrots, Juice Cup, Grapes, Milk	Lasagna, Bread Stick, Mixed Vegetables, Garden Salad, Lime Applesauce, Milk	Deli Turkey & Cheese Sandwich, Lettuce, Tomato, Goldfish, Honeydew Melon, Milk	Pizza Crunchers, Green Beans, Baby Carrots, Strawberries & Bananas, Milk
26	27	28	29	30
Corn Dog, Roasted Broccoli, Baby Carrots, Orange Wheels, Sour Strawberry Raisins, Milk	Spaghetti with Meatsauce, Caesar Salad, Green Beans, Apple Slices with Yo carmel Dip, Milk	Crispy Chicken Sandwich, Cheesy Broccoli Cauliflower, Baby Carrots, Mandarin Oranges, Milk	Chicken Bacon Ranch Pasta, Fresh Baked Roll, Corn, Celery Sticks, Banana, Milk	Mike's Bites, Marinara Sauce, Peas, Watermelon Cubes, Juice, Milk