




| This institution is an equal opportunity provider. | Summer Meals at Heights June 2023 Breakfast | | | |
|--|---|---|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  | Breakfast Served: 8:00 AM – 9:00 AM Lunch Served: 11:00 AM – 12:30 PM All kids 18 & under eat for free | |
| | | | 8 | 9 |
| | | | Mini Bagels or Cereal and Toast, Fresh Pineapple, Juice: Grape/Apple/Fruit Punch, Milk | Mini Pancakes or Cereal and Toast, Pears, Juice: Grape/Apple/Fruit Punch, Milk |
| 12 | 13 | 14 | 15 | 16 |
| Egg & Cheese Sandwich or Cereal and Toast, Peaches, Juice: Grape/Apple/Fruit Punch, Milk | Pancake on a Stick or Cereal and Toast, Mixed Fruit, Juice: Grape/Apple/Fruit Punch, Milk | Bacon Scramble Pizza or Cereal and Toast, Mandarin Oranges, Juice: Grape/Apple/Fruit Punch, Milk | Snack Bread or Cereal, Toast, Banana, Juice: Grape/Apple/Fruit Punch, Milk | Frudel or Cereal and Toast, Applesauce, Juice: Grape/Fruit Punch, Milk |
| 19 | 20 | 21 | 22 | 23 |
| Mini Waffles or Cereal and Toast, Kiwi, Juice: Grape/Apple/Fruit Punch, Milk | Yogurt or Cereal, Toast, Blueberries, Juice: Grape/Apple/Fruit Punch, Milk | Cinnamon Toast Crunch Cereal Bar or Cereal and Toast, Orange Wheels, Juice: Grape/Apple/Fruit Punch, Milk | Muffin Top or Cereal, Toast, Mixed Fruit, Juice: Grape/Apple/Fruit Punch, Milk | Bacon Scramble Pizza or Cereal and Toast, Mandarin Oranges, Juice: Grape/Apple/Fruit Punch, Milk |
| 26 | 27 | 28 | 29 | 30 |
| Mini Bagels or Cereal and Toast, Fresh Pineapple, Juice: Grape/Apple/Fruit Punch, Milk | Mini Pancakes or Cereal and Toast, Pears, Juice: Grape/Apple/Fruit Punch, Milk | French Toast Sticks or Cereal and Toast, Strawberries, Juice: Grape/Apple/Fruit Punch, Milk | Mini Cinnis or Cereal and Toast, Warm Cinnamon Apples, Juice: Grape/Fruit Punch, Milk | Scrambled Eggs or Cereal, Toast, Juice: Grape/Apple/Fruit Punch, Blueberries, Milk |