



APRIL | 2018

East Cleveland City Schools

Breakfast Menu

Heritage Middle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9 Egg & Cheese Burritos Hash Brown Triangle Juice Choice of fruit Choice of Milk	10 WG Sausage Egg w/Cheese Sliders Juice Choice of Fruit Choice of Milk	11 WG Cinnamon bun Juice Choice of Fruit Choice of Milk 	12 WG French Toast Loaf Turkey Links Juice Choice of Fruit Choice of Milk	13 WG Breakfast Pizza Juice Choice of Fruit Choice of Milk
16 WG Grits Cheese Omelets Juice Choice of Fruit Choice of Milk 	17 WG Glazed Donut Juice Choice of Fruit Choice of milk	18 WG Sausage w/Cheese Bagel Juice Choice of Fruit Choice of Milk 	19 WG Frudel Juice Choice of Fruit Choice of Milk 	20 WG Cereal Bar Cheese Stick Juice Choice of Fruit Choice of Milk
23 WG Assorted Cereal WG Vanilla Goldfish Crackers Juice Choice of fruit Choice of Milk 	24 WG Pancake Wrapped Turkey Sausage Juice Choice of Fruit Choice of Milk 	25 Oatmeal Choice of Fruit Topping Juice Choice of Fruit Choice of Milk 	26 WG Breakfast Bosco Juice Choice of Fruit Choice of Milk 	27 WG Muffin Fruit Parfait w/ Yogurt Juice Choice of Fruit Choice of Milk
30 WG French Toast Sticks Turkey Bacon Juice Choice of Fruit Choice of Milk				

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Monday April 2 – 6th 2018
No School Spring Break

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Rainbow Peppers Corncakes

6 tablespoons yellow cornmeal
2 tablespoons whole-wheat or white flour
1/4 teaspoon baking soda
1/4 teaspoon salt
3/4 cups to 1 cup fresh or frozen corn kernels
1/2 cup chopped Rainbow Colored Peppers
1 large egg
1/4 cup buttermilk or low-fat plain yogurt
2 teaspoons oil
1 tablespoon low-fat plain yogurt
1 tablespoon maple syrup

Put the cornmeal, flour, baking soda and salt into the large mixing bowl and mix together the whisk or fork. Set aside.

Put the corn, egg and buttermilk into A small bowl and stir well.

Set the bowl aside for at least 15 minutes. With the help of your adult, put the skillet on the stove, turn up the heat to medium and let it heat up for 1 minute. (The pan is hot and the oil might splatter). Scoop the corn batter onto the hot skillet and flatten them. This will make the pancakes thinner, which will help them cook faster and more evenly.

Cook the pancakes until the edges start to turn light brown and firm up.

This will take about 2 minutes.

Once the edges are firm, flip the pancakes over and cook them for 1 more minute. When the pancakes are lightly browned on both sides, use your spatula to take them out of the pan.

Serve right away and add extra toppings for more flavor!

This Institution is an Equal opportunity provider

Please discuss any food allergy issues concerning your child with Food Service Director @ 216-268-6645

Note: Menu is subject to change



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Lunch Menu

Heritage Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9 Managers Choice Glazed Carrots Choice of Fruit Choice of Milk	10 *Try it Tuesday* Cardinal Burger Whole Grain Hamburger Bun Charbroiled Hamburger Turkey Salami, Onions, Lettuce, Peppers, Tomato, Pickle Chips French Fries Mixed Fruit Cup Choice of Milk 	11 Your Choice of Pizza Day Supreme, Cheese, Pepperoni Rainbow Cauliflower Mixed Green Salad Light Ranch Dressing Choice of Fruit Choice of Milk 	12 Chef Salad Chicken & Turkey in a Whole Grain Pita Mixed Greens, Chickpeas, Cucumber Salad, Cherry Tomatoes, Rainbow Peppers Light Ranch Dressing Fresh Fruit Choice of Milk	13 Spaghetti & Meatballs Whole Grain Dinner Roll Garlicky Green Beans Choice of Fruit Choice of Milk
16 Chicken Parmesan W/Marinara Sauce Whole Grain Noodles Mozzarella Cheese Broccoli Fresh Fruit Choice of Milk	17 *Try it Tuesday* Chicken Fried Rice Vegetable Spring Roll Zucchini, Yellow Squash & Onions Peaches Choice of Milk	18 Calzone Brussel Sprouts w/ Turkey Bacon Strawberry & Blueberry Parfait Choice of Fruit Choice of Milk	19 Philly Cheesesteak Totchos Mozzarella Bosco Sticks Potato Tater Tots Green Beans Pineapple Tidbits Choice of Milk 	20 Walking Taco Whole Grain Tostado WG Spanish Rice Ground Beef, Black Bean Salsa & Cheese Cup Fiesta Corn Shredded Lettuce Choice of Fruit Choice of Milk
23 Broccoli or Tomato Soup WG Grilled Cheese Sandwich or Bread Bowl Crunchy Celery Sticks Applesauce Cup Choice of Milk 	24 *Try it Tuesday* Ground Beef Stuffed Cabbage W/Marinara Sauce Garlic Mashed Potatoes Mixed Vegetables Fresh Fruit Choice of Milk 	25 Crispy Chicken Patty WG Hamburger Bun Lettuce, Tomato, Pickle Chips Maple Baked Beans & Carrots Broccolini & Red Cabbage Slaw Choice of Fruit Choice of Milk 	26 Breakfast for Lunch Choice of Chicken Tenders or Cheese Omelet WG Waffles Roasted Potato Medley Fresh Fruit Choice of Milk	27 Lasagna WG Breadsticks Creamed Spinach Pears Choice of Milk
30 Cheeseburger Macaroni WG Dinner Roll Green Peas with Fresh Mint Peach Mango Applesauce Choice of Milk 				

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Roasted Rainbow Cauliflower

Ingredients

- 1/4 cup olive oil
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 head Multi-Color Cauliflower, cut into 1-inch florets

INSTRUCTIONS

Preheat oven to 425 degrees F. In a large bowl, combine olive oil, garlic powder, onion powder, salt, and pepper. Add cauliflower and gently toss until evenly coated. Place on rimmed baking sheet. Bake 25 to 30 minutes, or until tender, turning once halfway through cooking.

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