



# APRIL | 2018

## East Cleveland City Schools

### Breakfast Menu

#### Heritage Middle

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

#### News

Monday April 2 – 6<sup>th</sup> 2018  
No School Spring Break

**Return to School April 9, 2018**

#### 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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Heritage Middle School

### Lunch Menu

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