



MARCH 2019

East Cleveland City Schools

This institution is an equal opportunity provider

Shaw High School & Heritage Middle School

Monday

Tuesday

Wednesday

Thursday

Friday

4

Build Your Own Bowl
Brown Rice or WG Noodles
Stir Fry Mixed Vegetables
Chicken Egg Rolls
Ginger Pineapple Tidbits
WG Fortune Cookies
Fresh Fruit
Choice of Milk

5

Build Your Own Cardinal Burger
Grilled Hamburger on WG Bun,
Pickles, Lettuce, Tomato, Jalapenos
Turkey Salami, Funyuns
Baked Beans
BBQ Sauce, Ketchup & Mayo
Fresh Fruit
Choice of Milk

6

Chicken Philly Sandwich
WG Bun
Grilled Onions & Peppers
Scalloped Potatoes
Green Beans, Corn & Carrots
Choice of Fruit
Choice of Milk

7

Gyros
WG Pita Bread
Tzatziki Sauce, Hummus
Fresh Tomatoes, Lettuce, Onion, &
Cucumbers
Sweet Potato Wafer Fries
Mixed Fruit Cup
Choice of Milk

8

Build Your Own
Mac & Cheese Bowl or Baked Potato
Buffalo Chicken Tenders, Beef Crumbles
Turkey Bacon, Chives, Parmesan Cheese,
Sour Cream, Broccoli, Mushrooms
Fresh Fruit
Choice of Milk



11

Spaghetti and Meatballs
WG Garlic Bread
Side Salad
Mixed Fruit Cup
Choice of Milk

12

Crispy Chicken Patty
WG Bun
Lettuce, Tomato, Onion, Pickles
Roasted Parsnips and Potatoes
Refried Beans
Chipotle Ranch Dressing
Fresh Fruit
Choice of Milk

13

Doggone Wednesday
Polish Boy, or Chili Dog
WG Bun
Jicama Cole Slaw
Crinkle Cut French cFries
Choice of Fruit
Choice of Milk

14

Beef Stroganoff
Brussel Sprouts
Choice of Fruit
Choice of Milk

15

Rib B Q
Mashed Potatoes
Fresh Fruit
Side Salad
Choice of Milk

18

Fried Chicken Drumstick
Mashed Sweet Potatoes
WG Dinner Roll
Fried Cabbage
Baked Apples
Choice of Milk

19

WG Bread Bowl
Choice of Three Bean Chili
or Broccoli Cheddar Soup
Celery Sticks
& Fresh Fruit
Choice of Milk

20

Meatball Sub
WG Hoagie Buns
Brussel Sprout with Colored Bell
Peppers & Turkey Bacon
Choice of Fruit
Corn Muffin
Choice of Milk

21

Walking Salad
Mixed Green Lettuce
Cucumber Coins, Croutons, Cherry Tomatoes,
Hard Boiled Egg, Butternut Squash, Celery,
Chickpeas, & Craisins, Diced Apples
Light Dressing
WG Cookie
Fresh Fruit & Choice of Milk

22

Fiesta Friday Build Your Own
WG Tortilla Bowl or Loaded Nachos
Ground Meat or Shredded Chicken
Cilantro Brown Rice or Spanish Rice
Fiesta Corn
Black Bean Salsa
Fresh Fruit
Grilled Onions & Peppers
Choice of Milk

No School

Spring Break

Lunch Includes: Entrée, Two Servings of Fruit or Vegetables, One Servings of Grain or Bread, One Low and Fat Free Milk Served Daily

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

Note: This Menu Is Subject to Change

