



School Information: BHPS
TERESA HILL, MANAGER
CHOICE OF MILK



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



1
Cheeseburger
Tri-Tater
English Peas
Fruit

2
Spaghetti
Glazed Carrots
Green Beans
Breadsticks
Fruit

3
Sausage Dog on Bun
Sweet Potato Fries
Broccoli w/Cheese
Fruit

6
Deli Turkey & Cheese Sand
Oven Fries
Green Beans
Fruit

7
Tacos w/cheese
Lettuce/ tomato
Whole Kernel Corn
Fruit

8
Chicken Fajita
Stir Fry Vegetable
Glazed Carrots
Rice
Fruit

9
Hotdog
Baked Beans
Coleslaw
Fruit

10
Pizza
Romaine Salad w dressing
Breaded Okra
Fruit

13
Chicken Sandwich
Potato Wedges
Green Peas
Fruit

14
Corndog
Potato Wedges
Mixed Vegetable
Fruit

15
Chicken Tenders
Ranch Mashed Potatoes
Black-Eyed Peas
Cornbread
Fruit

16
Cheeseburger
Tri-Tater
Carrots w/Dip
Fruit

17
Fish Sticks
Cheese Grits
Baked Beans
Fruit

20
HOLIDAY

21
Pizza
Romaine Salad w dressing
Corn on Cob
Fruit

22
Chicken & Rice
Yam Patties
Pinto Beans
Cornbread
Fruit

23
Beef Vegetable Soup
PBJ Sandwich
Saltines
Fruit

24
Deli Turkey & Cheese S
Oven Fries
Green Beans
Fruit

27
Ravioli
Saltines
Green Beans
Carrots w/Dip
Fruit

28
Steak Nuggets
Au Gratin Potatoes
Green Beans
Breadstick
Fruit

