

# April 2017

## BEN HILL COUNTY ELEMENTARY SCHOOL

### BREAKFAST



**School Information:** BHES  
Teresa Reynolds, Manager  
Choice of Milk Daily



**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. "USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"



Monday

Tuesday

Wednesday

Thursday

Friday

3

Cereal Bar  
Juice

4

Pancake Pup  
Fruit

5

Waffles  
Fruit

6

Sausage Biscuit  
Juice

7

Cereal  
Graham Crackers  
Fruit

SPRING 10

BREAK

SPRING 11

BREAK

SPRING 12

BREAK

SPRING 13

BREAK

SPRING 14

BREAK

17

Poptarts  
Fruit

18

Pancake Pup  
Juice

19

Cinni Minis  
Fruit

20

Hot Ham  
& Cheese Sandwich  
Juice

21

Blueberry Muffin  
Fruit

24

Hot Pancakes  
Fruit

25

Ham & Cheese Cross  
Juice

26

Blueberry Muffin  
Fruit

27

Manager's  
Choice  
(Breakfast Bowl  
(Cheese  
Grits, eggs, sausage

28

Cereal  
Graham Crackers  
Fruit

