

# April 2017

## BEN HILL COUNTY MIDDLE SCHOOL

### BREAKFAST



**School Information:** BHMS  
George Brown- 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. "USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"



### Monday

Cereal 3  
Graham Crackers  
Juice

### Tuesday

Pancake 4  
Pup  
Fruit

### Wednesday

Waffles 5  
Fruit

### Thursday

Cinn.Toast Stic 6  
Juice

### Friday

Cereal Bars 7  
Fruit

**SPRING** 10  
**BREAK**

**SPRING** 11  
**BREAK**

**SPRING** 12  
**BREAK**

**SPRING** 13  
**BREAK**

**SPRING** 14  
**BREAK**

17  
Blueberry Muffin  
Fruit

18  
Hot Ham & Cheese Cross.  
Juice

19  
Cinni Minis  
Fruit

20  
Sausage & Biscuit  
Juice

21  
Chicken & Biscuit  
Fruit

24  
Ham Biscuit  
Fruit

25  
Super Bun  
Juice

26  
Cereal  
Graham Crackers  
Fruit

27  
Blueberry Muffin  
Fruit

28  
Manager's  
Choice  
(Breakfast Bowl)  
(Cheese  
Grits, eggs, sausage)

