

April 2017

BEN HILL COUNTY PRIMARY SCHOOL

BREAKFAST



School Information: BHPS
Cathy 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 Sand.
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

