

# April 2017

## BEN HILL COUNTY ELEMENTARY SCHOOL

### LUNCH



**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

Chicken Tenders **3**  
Mac & Cheese  
Green Beans  
Breadstick  
Fruit

### Tuesday

Spaghetti w/Sauce **4**  
Romaine Salad/w dressing  
Corn on Cob  
Texas Toast  
Fruit

### Wednesday

Turkey & Cheese Sand. **5**  
Scallop Potatoes  
Green Peas  
Fruit

### Thursday

Hotdog on Bun **6**  
Cole Slaw  
Bake Beans  
Fruit

### Friday

Fish Sticks **7**  
Cheese Grits  
Glazed Carrots  
Fruit  
Sack Lunch for 5<sup>th</sup> grade

**SPRING BREAK** **10**

**SPRING BREAK** **11**

**SPRING BREAK** **12**

**SPRING BREAK** **13**

**SPRING BREAK** **14**

Corndog **17**  
Potato Wedges  
Green Peas  
Fruit

Beef w/Nacho Chip **18**  
Lettuce/cheese/Tom.  
Salsa  
Pinto Beans  
Fruit

Chicken Fajita **19**  
Rice  
Green Beans  
Glazed Carrots  
Fruit

Cheeseburger **20**  
Tri-Tater  
Mixed Vegetables  
Fruit

Sausage Dog on Bun **21**  
Sweet Potato Fries  
Broccoli w/Cheese  
Fruit

Pizza **24**  
Romaine Salad w/dressing  
Peas & Carrots  
Salsa w/ Chips  
Fruit

Chicken & Rice **25**  
Black-eyed Peas  
Cornbread  
Yam Patties  
Fruit

BBQ Sandwich **26**  
Broccoli w/cheese  
Whole Kernel Corn  
Fruit

Deli Turkey Sand.w/cheese **27**  
Tri Tater  
Mixed Vegetables  
Fruit

Ravioli w/ cheese **28**  
Saltines  
Green Beans  
Fruit  
Carrots w/Dip

