

# April 2017

## BEN HILL PRESCHOOL

### LUNCH



**School Information:** PREK.  
Teresa Hill, 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/ dress.  
Whole Kernel Corn  
Roll  
Fruit

### Wednesday

Turkey & Cheese Sar **5**  
Oven Fries  
Green Peas  
Fruit

### Thursday

Sack Lunch **6**  
For Field Trip

### Friday

Hot Dog w/Bun **7**  
Baked Beans  
Coleslaw  
Fruit

**SPRING** **10**  
**BREAK**

**SPRING** **11**  
**BREAK**

**SPRING** **12**  
**BREAK**

**SPRING** **13**  
**BREAK**

**SPRING** **14**  
**BREAK**

Corndog **17**  
Potato Wedges  
Green Peas  
Fruit

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

Chicken Fajita **19**  
Rice  
Stir Fry Vegetables  
Fruit

Cheeseburger **20**  
Tri-Tater  
Carrots w/Dip  
Fruit

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

BBQ Sandwich **24**  
Broccoli w/cheese  
Whole Kernel Corn  
Fruit

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

Turkey & Cheese Sar **26**  
Lettuce /Tom.  
Tri Tater  
Mixed Vegetables  
Fruit

Pizza **27**  
Romaine Salad w dress.  
Fried Okra  
Fruit

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

