

April 2017

BEN HILL COUNTY PRIMARY SCHOOL

LUNCH



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

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

Hot Dog on Bun **6**
Cole Slaw
Bake Beans
Fruit

Friday

Reading Celebration **7**
(Sack Lunch)

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
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
Yams Patties
Fruit

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

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

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

