

# April 2017

## BEN HILL COUNTY MIDDLE SCHOOL

### LUNCH



**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.



### Monday

Steak Nuggets  
Ranch Potato  
Green Beans  
Breadstick  
Fruit  
Choice- Sausage Dog

3

### Tuesday

Cheeseburger  
Spicy Oven Baked Fries  
English Peas  
Fruit  
Choice-Corndog Nuggets

4

### Wednesday

Hotdog  
Tri-Tater  
Coleslaw  
Chilled Fruit  
Choice-Cheeseburger

5

### Thursday

Turkey & Cheese Sandwich  
Glazed Carrots  
Steamed Broccoli w/cheese  
Fruit  
Choice-Pizza

6

### Friday

Pizza  
Romaine Salad w/dressing  
Whole Kernel Corn  
Chilled Fruit  
Choice-BBQ Sandwich

7

SPRING BREAK

10

SPRING BREAK

11

SPRING BREAK

12

SPRING BREAK

13

SPRING BREAK

14

Spaghetti w/meat sauce  
Romaine Salad w/dressing  
Corn on Cob  
Breadstick/ Fruit  
Choice- Hoagie Sandwich

17

Spicy Chicken Sandwich  
Glazed Carrots  
Green Peas  
Chilled Fruit  
Choice- Corndog

18

Fish Sandwich  
Baked Beans  
Steamed Broccoli w/cheese  
Fresh Fruit  
Choice-Pizza

19

BBQ Sandwich  
Baked Beans  
Coleslaw  
Chilled Fruit  
Choice-Hotdog

20

Cheeseburger  
Tri-Tater  
Peas & Carrots  
Fruit  
Choice-Pizza

21

Chicken Fajita  
Brown Rice  
Black Eye Peas  
Roll/ Chilled Fruit  
Choice- Hamburger Steak

24

Steak Nuggets  
Ranch Potato  
Green Beans  
Breadstick  
Fruit  
Choice- Sausage Dog

25

Beef Soft Tacos  
Lettuce/Cheese/Tom  
Mexican Rice  
Pinto Beans  
Fresh Fruit  
Choice: Chicken Sandwich

26

Corndog  
Potato Wedges  
Mixed Vegetables  
Fresh Fruit  
Choice- Spicy Chicken Sand.

27

Chicken & Rice  
Turnip Greens  
Yam Patties  
Cornbread  
Fruit  
Choice: BBQ Sandwich

28

