



School Information: BHE
Teresa Reynolds, Manager



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

Pancake Pup
Juice

1

Tuesday

Super Bun
Fruit

2

Wednesday

Pancakes
Fruit

3

Thursday

Ham & Biscuit
Juice

4

Friday

Cereal Bar
Fruit

5

Poptarts
Fruit

8

Blueberry Muffin
Fruit

9

Breakfast Pizza
Juice

10

Mini Cinni
Fruit

11

Pancake Pup
Juice

12

Cereal Bar
Fruit

15

Grits
Ham
Eggs
Juice

16

Waffles
Fruit

17

Manager Choice

18

Poptarts
Juice

19

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