



School Information: BHE
Teresa Reynolds, Manager
Choice of Milk Daily



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety. "USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"



Monday

Cheeseburger.
Fries
Green Peas
Fruit

1

Tuesday

Chicken Tenders
AuGratin Potatoes
Turnips
Cornbread
Fruit

2

Wednesday

Tacos w/cheese Lett. Tom
Pinto Beans
Fruit

3

Thursday

Chicken Fajita
Rice
Yam Patties
Green Beans/ Roll
Fruit

4

Friday

Sausage Dog w/Bun
Broccoli w/cheese
Sweet Potato Fries
Fruit

5

Hot Dog
Coleslaw
Baked Beans
Fruit

8

BBQ Sand
Fries
Green Beans
Fruit

9

Chicken & Rice
Turnips
Glazed Carrots
Cornbread
Fruit

10

BRUNCH:
Cheese Grits
Sausage & Biscuit
Strawberries

11

Sack Lunch

12

Pizza
Romaine Salad w/dressing
Pinto Beans
Fruit

15

Cheeseburger
Sweet Potato Fries
Broccoli w/cheese
Fruit

16

Deli Turkey w/ Cheese.
Green Peas
Potato Wedge
Fruit

17

Ravioli w/cheese
Saltines
Green Beans
Fruit

18

Corn Dog
Tri Tater
Carrots w/Dip
Fruit

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