



School Information: BHM
George Brown, 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

Steak Nuggets **1**
Ranch Potatoes
Green Peas
Breadsticks/ Fruit
Choice: Sausage Dog

Tuesday

Tacos w/Chips, Lett. Tom. **2**
Mexican Rice
Pinto Beans
Fruit
Choice: Chicken Nuggets

Wednesday

Corndog **3**
Tri Tater
Mixed Vegetable
Fruit
Choice: Pizza

Thursday

Chicken Tenders **4**
Yellow Rice
Green Beans
Bread Sticks
Fruit
Choice: BBQ Sandwich

Friday

Fish Sticks **5**
Ranch Potatoes
Steamed Broccoli
Fruit
Choice: Pizza

Chicken Fajita **8**
Brown Rice
Black eyed Peas
Breadsticks/ chilled fruit
Choice: Hamburger steak

Salisbury Steak **9**
Mash Potatoes w/ gravy
English Peas
Carrots w/ dip/ Fruit
Choice: Hoagie Sandwich

Fish Sandwich **10**
Baked Beans
Steamed Broccoli
Fruit
Choice: Pizza

Chicken & Noodles **11**
Green Beans
Yam Patties
Breadsticks/ Chilled Fruit
Choice: County Fried Steak

BBQ Sandwich **12**
Glazed Carrots
Whole Kernel Corn
Chilled Fruit
Choice: Hotdog

Corndog **15**
Potato Wedges
Mixed Vegetables
Fresh Fruit
Choice: Chicken Sandwich

Turkey & Cheese Sandwich **16**
Glazed Carrots
Steamed Broccoli
Fruit
Choice: Pizza

Spicy Chicken Sandwich. **17**
Tri Tater
Peas & Carrots
Chilled Fruit
Choice: Sausage Dog

Spaghetti w/meat sauce **18**
Romaine Salad
Whole Kernel Corn
Breadsticks/ Fruit
Choice: Steak Nuggets

Hotdog **19**
Tri Tater
Baked Beans
Fruit
Choice: Pizza

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