

May 2015

BHS Lunch to Fuel Your Mind

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch Prices Includes Milk & Fruit/Veg Bar Student \$2.10 Meal Deal w/Fries \$2.25 Reduced .40 Adult \$3.15 No Charging Allowed</p>	<p>Milk Choices 1% White Nonfat Chocolate Nonfat Strawberry Nonfat White Ala Carte Milk is .50.</p>	<p>Lunch Menu has 5 Components Meat/meat alternate Vegetable Fruit Grain Milk Student must take at least 3 & one of those must be 1/2 c. fruit and /or vegetable.</p>	<p>USDA is an equal opportunity provider & employer.</p>	<p>1 Homemade Lasagna Baby Carrots RYG Peppers Garlic Bread Mixed Fruit Milk 9-12 Pears</p>
<p>4 Mini Corn Dogs Catsup Honey Mustard Squash, Butter Applesauce Milk 9-12 Strawberries</p>	<p>5 Popcorn Chix & Asian Rice Mandarin Oranges Milk 9-12 Grapes</p>	<p>6 Taco Pizza or Beef & Chez Nachos Salsa Cup Rst Edamame Salad Lite Sour Cream Fruit Cocktail Milk 9-12 Orange</p>	<p>7 Salisbury Steak Mash Potatoes Gravy Dinner Roll w/Jelly Banana Milk 9-12 Peaches</p>	<p>8 SADD Stadium Lunch Burgers or Franks on Bun Or Cheese Pizza Fries or Assorted Frito Lay Fruit & Veggie Bar Catsup, Mustard, Pickles, Onion, Dressings Watermelon Milk</p>
<p>11 Bosco Sticks Spaghetti Sauce Grapes Milk 9-12 Mixed Fruit</p>	<p>12 Chicken Nuggets Catsup, BBQ Sauce Hashbrown Cubed Kernal Corn Watermelon Milk 9-12 Pretzel w/Chez, Peaches</p>	<p>13 Quesadilla or Beef & Chez Nachos Salsa Cup Rst Cauliflower Orange Milk 9-12 Apple Slices</p>	<p>14 Pulled Pork Sandwich Pickles Baked Beans Slushie Milk 9-12 Tator Smiles, Catsup, Banana</p>	<p>15 Cinnamon Fr Toast Sausage & Syrup Hash Brown Patty Catsup Pineapple Tidbits Milk 9-12 French Toast, Tropical Fruit</p>
<p>18 Italian Mozzarella Stix Spaghetti Sauce GI Peas & Carrots Mixed Melon Rockalo Milk 9-12 Peaches</p>	<p>19 Chicken Tenders Oven Fries Catsup, BBQ Sauce Cinn Applesauce Buck Brownie Milk 9-12 Grapes</p>	<p>20 Nacho Bar w/choice of Beef or Chicken, Chips or Tortilla Cheese Sauce Lite Sour Cream Hummus; Salsa Cup Fruit Cocktail, Milk 9-12 Grape Tomato, Apple</p>	<p>21 Buck Popper Bowl Mash Potatoes Gravy Dinner Roll w/Jelly Fresh Strawberries Milk 9-12 BakedShell Pineapple</p>	<p>22 Spaghetti w/Beef Sauce or Marinara Parmesan Cheese Italian Breadstick Peaches Milk 9-12 Mango</p>
<p>25 Memorial Day No School</p>	<p>26 Br. Chicken Rings Catsup, BBQ Sauce Quinoa Confetti Salad Roasted Asparagus Peaches Milk 9-12 Apple Slices w/WOW Dip</p>	<p>27 Mex Chix Wrap or Beef & Cheese Nachos Refried Beans (1/2 c. v) Sour Cream, Salsa Cup Grapes Milk 9-12 Applesauce</p>	<p>28 Oven Fried Chicken Mash Potatoes Gravy Green Beans Pineapple Dinner Roll & Jelly Milk 9-12 Banana</p>	<p>29 Macaroni & Cheese Baby Carrots RYG Peppers Cookie Mixed Fruit Milk 9-12 Pears</p>

Fruit & Veggie Bar
Students must take 1/2 c. of vegetable and/or fruit. Selections may be made from the Fruit & Veggie Bar with any entrée choice (*). Fruit serving is limited to 2.

- *Romaine Lettuce
- *Tomatoes
- *Baby Carrots
- *Assorted Bell Peppers
- *Broccoli
- *Spinach
- *Legume
- *Cucumbers
- *Peas
- *Fruit (in addition to what is on the menu)

Vegetarian Menu
Meat Alt: choose 1 or 2 different items


- *PB Jamwich
- *4 oz. Yogurt
- *1 oz StringChez

Fruit & Veggie Bar:
*Choose at least 1/2 cup

Grain: choose 1 or 2 different items

- *PB Jamwich
- *Munchie Mix

Milk Choice



May 2015

BHS Deli Line Up



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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4 Protein & Grain: Deli Bar
Teriyaki Chicken Sandwich
Bosco Pizza
Vegetable: Fries (9-12)
Produce Bar
Fruit: Produce Bar
Milk

11 Protein & Grain: Deli Bar
Pepper Jack Chicken Sandwich
Bosco Pizza
Vegetable: Fries (9-12)
Produce Bar
Fruit: Produce Bar
Milk

18 Protein & Grain: Deli Bar
Br Chicken Sandwich
Bosco Pizza
Vegetable: Fries (9-12)
Produce Bar
Fruit: Produce Bar
Milk

25 Memorial Day

No School

5 Protein & Grain: Deli Bar
Rib BQ Sandwich
Bosco Pizza
Vegetable: Fries (9-12)
Produce Bar
Fruit: Produce Bar
Milk

12 Protein & Grain: Deli Bar
Ham & Cheese Sandwich
Bosco Pizza
Vegetable: Fries (9-12)
Produce Bar
Fruit: Produce Bar
Milk

19 Protein & Grain: Deli Bar
Philly Beef Sandwich
Bosco Pizza
Vegetable: Fries (9-12)
Produce Bar
Fruit: Produce Bar
Milk

26 Protein & Grain: Deli Bar
Rib BQ Sandwich
Bosco Pizza
Vegetable: Fries (9-12)
Produce Bar
Fruit: Produce Bar
Milk

6 Protein & Grain: Deli Bar
Big Daddy Pizza
Chili & Cornbread/Crax
Vegetable:
Baked Potato
Produce Bar
Fruit: Produce Bar
Other: C.Crock & Sour Cream
Milk

13 Protein & Grain: Deli Bar
Big Daddy Pizza
Vegetable:
Stuffed Pepper Soup
Produce Bar
Fruit: Produce Bar
Grain: Crackers/Cornbread
Milk

20 Protein & Grain: Deli Bar
Big Daddy Pizza
Vegetable:
Cream of Tomato Soup
Produce Bar
Fruit: Produce Bar
Grain: Crackers/Cornbread
Milk

27 Protein & Grain: Deli Bar
Big Daddy Pizza
Vegetable:
Cream of Mushroom Soup
Produce Bar
Fruit: Produce Bar
Grain: Crackers/Cornbread
Milk

7 Protein & Grain: Deli Bar
Italian Meatball Sub
Bosco Pizza
Vegetable:
Produce Bar
Fries (9-12)
Fruit: Produce Bar
Milk

14 Protein & Grain: Deli Bar
Spicy Chicken Sandwich
Bosco Pizza
Vegetable: Fries (9-12)
Produce Bar
Fruit: Produce Bar
Milk

21 Protein & Grain: Deli Bar
Beef & Cheese Burrito
Bosco Pizza
Vegetable:
Produce Bar
Fries (9-12)
Fruit: Produce Bar
Milk

28 Protein & Grain: Deli Bar
Grilled Chicken Sandwich
Bosco Pizza
Vegetable: Fries (9-12)
Produce Bar
Fruit: Produce Bar
Milk

1 Protein & Grain: Deli Bar
Cheeseburger
Big Daddy Pizza
Vegetable: Fries (9-12)
Produce Bar
Fruit: Produce Bar
Milk

8 Stadium Lunch
Protein & Grain: Deli Bar
Cheeseburger
Cheese Pizza
Vegetable: Fries (9-12)
Produce Bar
Fruit: Produce Bar
Milk

15 Protein & Grain: Deli Bar
Cheeseburger
Big Daddy Pizza
Vegetable: Fries (9-12)
Produce Bar
Fruit: Produce Bar
Milk

22 Protein & Grain: Deli Bar
Cheeseburger
Fish Sandwich
Big Daddy Pizza
Vegetable: Fries (9-12)
Produce Bar
Fruit: Produce Bar
Milk

29 Protein & Grain: Deli Bar
Cheeseburger
Fish Sandwich
Big Daddy Pizza
Vegetable: Fries (9-12)
Produce Bar
Fruit: Produce Bar
Milk

Student Lunch
Must select at least 3 components. One component must be ½ c. fruit or ½ c. vegetable, or ½ c. total of fruit and vegetables. Fruit limit is 1 cup per lunch. There is no limit on vegetables from the Produce Bar.



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