

April 2017

EAST BERNSTADT IND. SCHOOL

LUNCH



East Bernstadt School is 100% CEP (Community Eligibility Program). This means all students who are enrolled in the East Bernstadt School may receive a free breakfast and free lunch each school day attended.



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.



MENU SUBJECT TO CHANGE

Monday

Tuesday

Wednesday

Thursday

Friday

3
SPRING
BREAK



5
SPRING
BREAK



7
I ♥
SPRING
BREAK

10
Popcorn Chicken,
Sandwich, Chef Salad,
Broccoli & Cheese or Carrots,
Fruit cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

11
Chili/Chips/Cheese,
Sandwich, Taco Salad,
Refried Beans or Fresh
Broccoli, Mex. Rice,
Fruit cup, Fresh Fruit,
100% Fruit Juice
Baked Scoops
Var. of Milk

12
Little Caesars Pizza,
Sandwich, Chef Salad,
Corn or Romaine Salad,
Fruit cup, Fresh Fruit,
100% Fruit Juice
Choc. Chip Cookie
Var. of Milk

13
Hot Dog & Chili, BBQ
Sandwich, Chef Salad,
Baked Beans or Peas,
Fruit cup, Fresh Fruit,
100% Fruit Juice
Baked Chips
Var. of Milk

14
Chicken Patty,
Sandwich, Chef Salad,
Green Beans or Smiley Fries,
Fruit cup, Fresh Fruit,
100% Fruit Juice
WG Bun
Var. of Milk

17
Chicken Nuggets,
Sandwich, Chef Salad,
Broccoli & Cheese or Carrots,
Fruit cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

18
Grilled Cheese,
Sandwich, Chef Salad,
Veg. Soup or Fresh Broccoli,
Fruit cup, Fresh Fruit,
100% Fruit Juice
WG Crackers
Var. of Milk

19
Cheese or Pepp. Pizza,
Sandwich, Chef Salad,
Corn or Romaine Salad,
Fruit cup, Fresh Fruit,
100% Fruit Juice
Pudding Cup
Var. of Milk

20
Hamburger or Cheeseburger,
Corn Dog, Chef Salad,
Baked Beans or Crin Cut
Fries, Fruit cup, Fresh Fruit,
100% Fruit Juice
WG Bun
Var. of Milk

21
Chicken Strips,
Sandwich, Chef Salad,
Green Beans or Mashed Pot.,
Fruit cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

24
Popcorn Chicken,
Sandwich, Chef Salad,
Broccoli & Cheese or Carrots,
Fruit cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

25
Chili/Chips/Cheese,
Sandwich, Taco Salad,
Refried Beans or Fresh
Broccoli, Mex. Rice,
Fruit cup, Fresh Fruit,
100% Fruit Juice
Baked Scoops
Var. of Milk

26
Little Caesars Pizza,
Sandwich, Chef Salad,
Corn or Romaine Salad,
Fruit cup, Fresh Fruit,
100% Fruit Juice
Choc. Chip Cookie
Var. of Milk

27
Hot Dog & Chili, BBQ
Sandwich, Chef Salad,
Baked Beans or Peas,
Fruit cup, Fresh Fruit,
100% Fruit Juice
Baked Chips
Var. of Milk

28
Chicken Patty,
Sandwich, Chef Salad,
Green Beans or Smiley Fries,
Fruit cup, Fresh Fruit,
100% Fruit Juice
WG Bun
Var. of Milk

