



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.



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.



MENU SUBJECT TO CHANGE

Monday

Tuesday

Wednesday

Thursday

Friday

1
Chicken Nuggets,
Sandwich, Chef Salad,
Broccoli & Cheese or Carrots,
Fruit cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

2
Grilled Cheese,
Sandwich, Chef Salad,
Veg. Soup or Fresh Broccoli,
Fruit cup, Fresh Fruit,
100% Fruit Juice
WG Crackers
Var. of Milk

3
Cheese or Pepp. Pizza,
Sandwich, Chef Salad,
Corn or Romaine Salad,
Fruit cup, Fresh Fruit,
100% Fruit Juice
Pudding Cup
Var. of Milk

4
Spaghetti w/Meat Sauce,
Sandwich, Chef Salad,
Peas or Garden Salad,
Fruit cup, Fresh Fruit,
100% Fruit Juice
WG Garlic Bread
Var. of Milk

5
Chicken Strips,
Sandwich, Chef Salad,
Green Beans or Mashed Pot.,
Fruit cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

8
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

9
**Sack Lunch
Kick off for
Field Days Ahead**
Sandwich, Chips,
Veg. Stick, Fruit Snack,
Fresh Fruit, 100% Fruit Juice
Var. of Milk

10
Little Caesars Pizza,
Sandwich, Chef Salad,
Corn or Romaine Salad,
Fruit cup, Fresh Fruit,
100% Fruit Juice
Choc. Chip Cookie
Var. of Milk

11
Hot Dog & Chili, BBQ
Sandwich, Chef Salad,
Baked Beans or Peas,
Fruit cup, Fresh Fruit,
100% Fruit Juice
Baked Chips
Var. of Milk

12
Chicken Patty,
Sandwich, Chef Salad,
Green Beans or Seasoned Fries,
Fruit cup, Fresh Fruit,
100% Fruit Juice
WG Bun
Var. of Milk

15
Chicken Nuggets,
Sandwich, Chef Salad,
Broccoli & Cheese or Carrots,
Fruit cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

16
Manager Choice
Fruit cup, Fresh Fruit,
100% Fruit Juice
Var. of Milk



22
NO SCHOOL

23
NO SCHOOL

24
NO SCHOOL

24
NO SCHOOL

26
NO SCHOOL

29
NO SCHOOL

30
NO SCHOOL

31
NO SCHOOL

