



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.

This menu is subject to change based on available food items.



**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.

Students must choose ½ cup fruit daily at breakfast and ½ cup fruit or ½ cup vegetable daily at lunch.



### Monday



### Tuesday

Elementary & Middle  
Breakfast \$ 0.00  
Lunch \$ 0.00  
Adults  
Breakfast \$ 2.50  
Lunch \$ 3.50



### Wednesday

### Thursday

### Friday

**SUMMER BREAK** 1

**SUMMER BREAK** 2

**SUMMER BREAK** 3

**SUMMER BREAK** 6

**SUMMER BREAK** 7

**SUMMER BREAK** 8

Cheese or Pepp. Pizza, Sandwich, Chef Salad, Corn or Tossed Salad, Fruit cup, Fresh Fruit, 100% Fruit Juice  
WG Crust  
Var. of Milk

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

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

Corn Dog, BBQ Sandwich, Chef Salad, Sweet Potatoes or Peas, Fruit Cup, Fresh Fruit, 100% Juice  
Baked Chips & Cookie  
Var. of Milk

Hamburger or Cheeseburger, Sandwich, Chef Salad, Baked Beans or Fries, Fruit cup, Fresh Fruit, 100% Fruit Juice  
WG Bun  
Var. of Milk

Little Caesars Pizza, Sandwich, Chef Salad, Corn or Tossed Salad, Fruit cup, Fresh Fruit, 100% Fruit Juice  
WG Crust  
Var. of Milk

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

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

Hot Dog & Chili, Sandwich, Chef Salad, Sweet Potatoes or Peas, Fruit cup, Fresh Fruit, 100% Fruit Juice  
Baked Chips & Cookie  
Var. of Milk

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

Cheesy Bread, Pepperoni Calzone, Chef Salad, Corn or Tossed Salad, Fruit cup, Fresh Fruit, 100% Fruit Juice  
WG Crust  
Var. of Milk

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

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

Spaghetti w/Meat Sauce, Sandwich, Chef Salad, Tossed Salad or Peas, Fruit cup, Fresh Fruit, 100% Fruit Juice  
WG Toast & Cookie  
Var. of Milk

Grilled Cheese, BBQ Sandwich, Chef Salad, Baked Beans or Soup, Fruit Cup, Fresh Fruit, 100% Fruit Juice  
WG Bun & Crackers  
Var. of Milk

Little Caesars Pizza, Sandwich, Chef Salad, Corn or Tossed Salad, Fruit cup, Fresh Fruit, 100% Fruit Juice  
WG Crust  
Var. of Milk

Tangerine Chicken Stir Fry, Sandwich, Chef Salad, California Blend Veggies or Fries  
Fruit cup, Fresh Fruit, 100% Fruit Juice  
WG Roll & Asian Rice  
Var. of Milk