



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