

Tuesday, April I

Taco Tuesday

Soft Taco on WW Tortilla with LF Cheese, Lettuce, Tomato, and Sour Cream Brown Rice Golden Corn 100% Fruit Juice Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

Wednesday, April 2

Chopped Cheese Burger on Whole Wheat Roll Pickles Oven Baked Potato Wedges Assorted Fruit Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

Thursday, April 3

Ham & Cheese on Whole Wheat Croissant Steamed Broccoli with Cheese Assorted Fruit Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

Friday, April 4

Early dismissal today!

Hot Dog on WW Bun Hash Brown Potato Fresh Carrot Sticks with Dip 100% Fruit Juice Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

Available Daily

- Sunbutter & Jelly Sandwich on Whole Wheat Bread
- Whole Grain Cereal (2)
- Low Fat String Cheese
- Low Fat Yogurt
- Tossed Salad & Carrots

Fruit May Include: Applesauce, Peaches, Pears, Mandarin Oranges, Pineapples, Mixed Fruit, Oranges, Bananas, Apples, Strawberries

<u>Juice May Include:</u> Apple, Orange, Grape, Fruit Punch

<u>Milk Choice:</u> FF Chocolate, FF White, 1% White

Monday, April 7

WG Breaded Fish Sticks with Cocktail and Tartar Sauce WG Buttered Noodles Carrot Coins Assorted Fruit Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

Tuesday, April 8

Taco Tuesday

Soft Taco on WW Tortilla with LF Cheese, Lettuce, Tomato, and Sour Cream Brown Rice Golden Corn 100% Fruit Juice Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

Wednesday, April 9

Whole Grain Breaded Chicken Patty on Whole Wheat Bun Seasoned Green Beans Tossed Salad with Fresh Vegetables Assorted Fruit Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

Thursday, April 10

Beef Burger with Cheese on Whole Wheat Hamburger Bun Pickles Oven Baked French Fries 100% Fruit Juice Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

Friday, April II

Whole Grain Cheese or Pepperoni Pizza Steamed Spinach Fresh Carrots with Dip Assorted Fruit Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)



TRICKS OF ALL TIME!

Word Mofther re-li-a-ble

adj. 1. trustworthy, steady
2. characterized by
consistent dependability
of judgment, character,
performance, or result
3. accurate, true

NUTRITION 7050

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes.

QUICK BITE FOR PARENTS

Monday, April 14

Meatball Parm Sandwich on Whole Wheat Roll Seasoned Green Peas Tossed Salad with Fresh Vegetables Assorted Fruit Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

asoned Taco Meat o

Tuesday, April 15

Seasoned Taco Meat over WG Nachos with Cheese Golden Corn 100% Fruit Juice Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)





last day of classes:
Tuesday, April 15th
classes resume:

SPRING BREAK

Tuesday, April 22nd

We are pleased to provide FREE AND

FREE AND REDUCED-PRICE MEALS

for all students who qualify. It's simple to apply and we accept applications all year. To get started, log on to: www.schoolcafe.com

Tuesday, April 22

Whole Grain Pancakes Turkey Sausage Links Oven Baked Tater Tots Assorted Fruit Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

Wednesday, April 23

WG Corn Dog Nuggets
OR Hot Dog on a Bun
Seasoned Baked Beans
Mashed Potatoes with Gravy
100% Fruit Juice
Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

Thursday, April 24

Chopped Cheese Burger on Whole Wheat Roll Pickles Oven Baked Potato Wedges Assorted Fruit Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

Friday, April 25

Early dismissal today!

Turkey & Cheese Sandwich on Whole Wheat Bread Tossed Salad with Fresh Vegetables Assorted Fruit Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

DON'T4GET









Monday, April 28

Chicken Parm Sandwich on Whole Wheat Bun Seasoned Green Beans Tossed Salad with Fresh Vegetables Assorted Fruit Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

Tuesday, April 29

Taco Tuesday

Soft Taco on WW Tortilla with LF Cheese, Lettuce, Tomato, and Sour Cream Brown Rice Golden Corn 100% Fruit Juice Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

Wednesday, April 30

Beef Burger with Cheese on Whole Wheat Hamburger Bun Pickles Oven Baked French Fries 100% Fruit Juice Milk Choice

Alternate Meal:

Assorted Cereal (2) with LF String Cheese or Yogurt (Choose Fruit & Vegetable)

STAIRWAY TO HEALTH.



Wellness is determined by dozens of small choices we all make every day. For example, take the stairs – no, really, TAKE THE STAIRS! It's estimated that stairclimbing for just 2 minutes a day (6-8 flights) will burn enough calories to prevent annual weight gain for the average American.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!



Bristol Borough School District
Cafeteria Services