

LUNCH

March 2014

Bellville HS- Burger Works

Lunch Fact

Only one in 10 American kids gets enough Vitamin D, and about four out of 10 kids get the recommended amount of calcium.

Reference: CDC; NCHS. 2007-08. Internet: <http://cdc.gov/nchs/nhanes>.

☘ monday

Hamburger
Cheeseburger
BBQ Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

3

☘ tuesday

Hamburger
Cheeseburger
Grilled Chicken Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Tater Tots

4

☘ wednesday

Hamburger
Cheeseburger
Chicken Fried Steak Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

5

☘ thursday

Hamburger
Cheeseburger
Chicken Sandwich
BBQ Sandwich
Spicy Chicken Sandwich
Tater Tots

6

☘ friday

Hamburger
Cheeseburger
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

7

SPRING BREAK!!

10

SPRING BREAK!!

11

SPRING BREAK!!

12

SPRING BREAK!!

13

SPRING BREAK!!

14

Hamburger
Cheeseburger
BBQ Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

17

Hamburger
Cheeseburger
Grilled Chicken Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Tater Tots

18

Hamburger
Cheeseburger
Chicken Fried Steak Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

19

Hamburger
Cheeseburger
Chicken Sandwich
BBQ Sandwich
Spicy Chicken Sandwich
Tater Tots

20

Hamburger
Cheeseburger
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

21

Hamburger
Cheeseburger
BBQ Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

24

Hamburger
Cheeseburger
Grilled Chicken Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Tater Tots

25

Hamburger
Cheeseburger
Chicken Fried Steak Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

26

Hamburger
Cheeseburger
Chicken Sandwich
BBQ Sandwich
Spicy Chicken Sandwich
Tater Tots

27

Hamburger
Cheeseburger
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

28

Hamburger
Cheeseburger
BBQ Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

31

Bellville Independent School District

**Served Daily - Fresh & canned fruit, milk & juice.
Items are subject to change due to availability.**

LUNCH

April 2014

Bellville HS- Burger Works

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.

☘ monday

☘ tuesday

☘ wednesday

☘ thursday

☘ friday

1
Hamburger
Cheeseburger
Grilled Chicken Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Tater Totz

2
Hamburger
Cheeseburger
Chicken Fried Steak Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

3
Hamburger
Cheeseburger
Chicken Sandwich
BBQ Sandwich
Spicy Chicken Sandwich
Tater Totz

4
Hamburger
Cheeseburger
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

7
Hamburger
Cheeseburger
BBQ Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

8
Hamburger
Cheeseburger
Grilled Chicken Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Tater Totz

9
Hamburger
Cheeseburger
Chicken Fried Steak Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

10
Hamburger
Cheeseburger
Chicken Sandwich
BBQ Sandwich
Spicy Chicken Sandwich
Tater Totz

11
Hamburger
Cheeseburger
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

14
Hamburger
Cheeseburger
BBQ Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

15
Hamburger
Cheeseburger
Grilled Chicken Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Tater Totz

16
Hamburger
Cheeseburger
Chicken Fried Steak Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

17
HOLIDAY!!

18
HOLIDAY!!

21
Hamburger
Cheeseburger
BBQ Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

22
Hamburger
Cheeseburger
Grilled Chicken Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Tater Totz

23
Hamburger
Cheeseburger
Chicken Fried Steak Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

24
Hamburger
Cheeseburger
Chicken Sandwich
BBQ Sandwich
Spicy Chicken Sandwich
Tater Totz

25
Hamburger
Cheeseburger
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

28
Hamburger
Cheeseburger
BBQ Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

29
Hamburger
Cheeseburger
Grilled Chicken Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Tater Totz

30
Hamburger
Cheeseburger
Chicken Fried Steak Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

**Bellville Independent School District
Served Daily - Fresh & canned fruit, milk &
juice.**

**Items are subject to change due to
availability.**

LUNCH

May 2014

HIGH SCHOOL- BURGER WORKS

Lunch Fact

MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be developmentally-appropriate, fun, and offer variety.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



☘ monday

☘ tuesday

☘ wednesday

☘ thursday

☘ friday

BELLVILLE INDEPENDENT SCHOOL DISTRICT

*May is National Physical Fitness
and Sports Month*

Hamburger
Cheeseburger
BBQ Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

5

Hamburger
Cheeseburger
Grilled Chicken Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Tater Tots

6

Hamburger
Cheeseburger
Chicken Fried Steak Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

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Hamburger
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Chicken Sandwich
BBQ Sandwich
Spicy Chicken Sandwich
Tater Tots

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Hamburger
Cheeseburger
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

9

Hamburger
Cheeseburger
BBQ Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

12

Hamburger
Cheeseburger
Grilled Chicken Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Tater Tots

13

Hamburger
Cheeseburger
Chicken Fried Steak Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

14

Hamburger
Cheeseburger
Chicken Sandwich
BBQ Sandwich
Spicy Chicken Sandwich
Tater Tots

15

Hamburger
Cheeseburger
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

16

Hamburger
Cheeseburger
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Spicy Chicken Sandwich
Curly Fries

19

Hamburger
Cheeseburger
Grilled Chicken Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Tater Tots

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Chicken Fried Steak Sandwich
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Spicy Chicken Sandwich
Curly Fries

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Hamburger
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BBQ Sandwich
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Tater Tots

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Hamburger
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Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

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BBQ Sandwich
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Spicy Chicken Sandwich
Curly Fries

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Curly Fries

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Hamburger
Cheeseburger
Chicken Sandwich
BBQ Sandwich
Spicy Chicken Sandwich
Tater Tots

29

Hamburger
Cheeseburger
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

30

LUNCH

June 2014

High School- Burger Works

Lunch Fact

95% of Americans still aren't eating enough whole grain. Whole grains give kids the energy they need to be active and play sports!

Reference: U.S. Department of Health and Human Services and U.S. Department of Agriculture Dietary Guidelines for Americans, 2010.



☼ monday

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BBQ Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

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☼ tuesday

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Cheeseburger
Grilled Chicken Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Tater Tots

3

☼ wednesday

Hamburger
Cheeseburger
Chicken Fried Steak Sandwich
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

4

☼ thursday

EARLY RELEASE!!
Hamburger
Cheeseburger
Chicken Sandwich
BBQ Sandwich
Spicy Chicken Sandwich
Tater Tots

5

☼ friday

EARLY RELEASE!!
Hamburger
Cheeseburger
Chicken Sandwich
Spicy Chicken Sandwich
Curly Fries

6

9

10

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27

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