

LUNCH

March 2014

Bellville High School- Pizzeria

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

"New" Alpha Pizza
Burrito
Corn on the Cob
Assorted Fruits

3

☘ tuesday

"New" Alpha Pizza
Pizza Pocket
Fresh Veggies
Assorted Fruits

4

☘ wednesday

"New" Alpha Pizza
Pizza Rolls
Corn on the Cob
Assorted Fruits

5

☘ thursday

"New" Alpha Pizza
Spaghetti & Meatballs
Fresh Veggies
Assorted Fruit

6

☘ friday

"New" Alpha Pizza
Pizza Sticks
Corn on the Cob
Assorted Fruit

7

SPRING BREAK!!

10

SPRING BREAK!!

11

SPRING BREAK!!

12

SPRING BREAK!!

13

SPRING BREAK!!

14

"New" Alpha Pizza
Burrito
Corn on the Cob
Assorted Fruits

17

"New" Alpha Pizza
Pizza Pocket
Fresh Veggies
Assorted Fruits

18

"New" Alpha Pizza
Pizza Rolls
Corn on the Cob
Assorted Fruits

19

"New" Alpha Pizza
Spaghetti & Meatballs
Fresh Veggies
Assorted Fruit

20

"New" Alpha Pizza
Pizza Sticks
Corn on the Cob
Assorted Fruit

21

"New" Alpha Pizza
Burrito
Corn on the Cob
Assorted Fruits

24

"New" Alpha Pizza
Pizza Pocket
Fresh Veggies
Assorted Fruits

25

"New" Alpha Pizza
Pizza Rolls
Corn on the Cob
Assorted Fruits

26

"New" Alpha Pizza
Spaghetti & Meatballs
Fresh Veggies
Assorted Fruit

27

"New" Alpha Pizza
Pizza Sticks
Corn on the Cob
Assorted Fruit

28

"New" Alpha Pizza
Burrito
Corn on the Cob
Assorted Fruits

31

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

LUNCH

April 2014

Bellville High School-Pizzeria

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
"New" Alpha Pizza
Pizza Pocket
Fresh Veggies
Assorted Fruits

2
"New" Alpha Pizza
Pizza Rolls
Corn on the Cob
Assorted Fruits

3
"New" Alpha Pizza
Spaghetti & Meatballs
Fresh Veggies
Assorted Fruit

4
"New " Alpha Pizza
Pizza Sticks
Corn on the Cob
Assorted Fruit

7
"New" Alpha Pizza
Burrito
Corn on the Cob
Assorted Fruits

8
"New" Alpha Pizza
Pizza Pocket
Fresh Veggies
Assorted Fruits

9
"New" Alpha Pizza
Pizza Rolls
Corn on the Cob
Assorted Fruits

10
"New" Alpha Pizza
Spaghetti & Meatballs
Fresh Veggies
Assorted Fruit

11
"New " Alpha Pizza
Pizza Sticks
Corn on the Cob
Assorted Fruit

14
"New" Alpha Pizza
Burrito
Corn on the Cob
Assorted Fruits

15
"New" Alpha Pizza
Pizza Pocket
Fresh Veggies
Assorted Fruits

16
"New" Alpha Pizza
Pizza Rolls
Corn on the Cob
Assorted Fruits

17
HOLIDAY!!

18
HOLIDAY!!

21
"New" Alpha Pizza
Burrito
Corn on the Cob
Assorted Fruits

22
"New" Alpha Pizza
Pizza Pocket
Fresh Veggies
Assorted Fruits

23
"New" Alpha Pizza
Pizza Rolls
Corn on the Cob
Assorted Fruits

24
"New" Alpha Pizza
Spaghetti & Meatballs
Fresh Veggies
Assorted Fruit

25
"New " Alpha Pizza
Pizza Sticks
Corn on the Cob
Assorted Fruit

28
"New" Alpha Pizza
Burrito
Corn on the Cob
Assorted Fruits

29
"New" Alpha Pizza
Pizza Pocket
Fresh Veggies
Assorted Fruits

30
"New" Alpha Pizza
Pizza Rolls
Corn on the Cob
Assorted Fruits

**Bellville Independent School District
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LUNCH

May 2014

HIGH SCHOOL- PIZZERIA

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*

"New" Alpha Pizza
Burrito
Corn on the Cob
Assorted Fruits

5

New" Alpha Pizza
Pizza Pocket
Fresh Veggies
Assorted Fruits

6

"New" Alpha Pizza
Pizza Rolls
Corn on the Cob
Assorted Fruits

7

"New" Alpha Pizza
Spaghetti & Meatballs
Fresh Veggies
Assorted Fruit

1

"New " Alpha Pizza
Pizza Sticks
Corn on the Cob
Assorted Fruit

2

"New" Alpha Pizza
Burrito
Corn on the Cob
Assorted Fruits

12

New" Alpha Pizza
Pizza Pocket
Fresh Veggies
Assorted Fruits

13

"New" Alpha Pizza
Pizza Rolls
Corn on the Cob
Assorted Fruits

14

"New" Alpha Pizza
Spaghetti & Meatballs
Fresh Veggies
Assorted Fruit

15

"New " Alpha Pizza
Pizza Sticks
Corn on the Cob
Assorted Fruit

16

"New" Alpha Pizza
Burrito
Corn on the Cob
Assorted Fruits

19

New" Alpha Pizza
Pizza Pocket
Fresh Veggies
Assorted Fruits

20

"New" Alpha Pizza
Pizza Rolls
Corn on the Cob
Assorted Fruits

21

"New" Alpha Pizza
Spaghetti & Meatballs
Fresh Veggies
Assorted Fruit

22

"New " Alpha Pizza
Pizza Sticks
Corn on the Cob
Assorted Fruit

23

"New" Alpha Pizza
Burrito
Corn on the Cob
Assorted Fruits

26

New" Alpha Pizza
Pizza Pocket
Fresh Veggies
Assorted Fruits

27

"New" Alpha Pizza
Pizza Rolls
Corn on the Cob
Assorted Fruits

28

"New" Alpha Pizza
Spaghetti & Meatballs
Fresh Veggies
Assorted Fruit

29

"New " Alpha Pizza
Pizza Sticks
Corn on the Cob
Assorted Fruit

30

LUNCH

June 2014

High School- Pizzeria

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

"New" Alpha Pizza
Burrito
Corn on the Cob
Assorted Fruits

2

☼ tuesday

"New" Alpha Pizza
Pizza Pocket
Fresh Veggies
Assorted Fruits

3

☼ wednesday

"New" Alpha Pizza
Pizza Rolls
Corn on the Cob
Assorted Fruits

4

☼ thursday

EARLY RELEASE!!
"New" Alpha Pizza
Spaghetti & Meatballs
Fresh Veggies
Assorted Fruit

5

☼ friday

EARLY RELEASE!!
"New" Alpha Pizza
Pizza Sticks
Corn on the Cob
Assorted Fruit

6

9

10

11

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30

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availability.**

