

LUNCH

April 2014

High School-Weekly

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
SPAGHETTI W/ MEAT SAUCE
GREEN BEANS
TOSSED SALAD
BREADSTICK
JELLO W/COOL WHIP

2
CRISPITOS
W/ CHEESE SAUCE
REFRIED BEANS
SEASONED CORN

3
MINI CORN DOGS
BAKED BEANS
STEAMED CARROTS
OATMEAL MUFFIN SQUARES

4
BUILD YOUR OWN BURRITO
TORTILLA-TACO MEAT-
SHRED CHEESE-SOUR CREAM-
GUACAMOLE- JALAPENOS-SALSA
LETTUCE-TOMATO
REFRIED BEANS
SPANISH RICE

7
FRITO PIE
SHREDDED CHEESE
SEASOND MIXED VEGGIES
BLACK EYED PEAS
PUDDING

8
CHICKEN NUGGETS
GREEN BEANS IN CHEESE
SAUCE
BABY CARROTS W/FF RANCH
WHITE RICE W/FF GRAVY
ROLL

9
CHEESE ENCHILADAS
SPANISH RICE
CHARRO BEANS

10
SWEET & SOUR CHICKEN
EGG ROLL
GREEN BEANS
FRIED RICE

11
BAKED POTATO W/BBQ
SOUR CREAM, BUTTER,
BACON BITS, CHEESE
TOSSED SALAD W/RANCH
JELLO W/COOL WHIP

14
CRISPY TACO
SHRED CHEESE-SOUR CREAM-
GUACAMOLE- JALAPENOS-SALSA
LETTUCE-TOMATO
REFRIED BEANS
SPANISH RICE

15
STEAK FINGERS
MASHED POTATOES
W/GRAVY
STEAMED PEAS & CARROTS
OATMEAL COOKIE

16
CHICKEN SPAGHETTI
SEASONED CORN
PEAS & CARROTS
BREADSTICK

17
HOLIDAY!!

18
HOLIDAY!!

21
CHICKEN SMACKERS
MASHED POTATOES
W/FF GRAVY
BROCCOLI W/CHEESE
SAUCE
ROLL

22
SPAGHETTI W/ MEAT SAUCE
GREEN BEANS
TOSSED SALAD
BREADSTICK
JELLO W/COOL WHIP

23
CRISPITOS
W/ CHEESE SAUCE
REFRIED BEANS
SEASONED CORN

24
MINI CORN DOGS
BAKED BEANS
STEAMED CARROTS
OATMEAL MUFFIN SQUARES

25
BUILD YOUR OWN BURRITO
TORTILLA-TACO MEAT-
SHRED CHEESE-SOUR CREAM-
GUACAMOLE- JALAPENOS-SALSA
LETTUCE-TOMATO
REFRIED BEANS
SPANISH RICE

28
FRITO PIE
SHREDDED CHEESE
SEASOND MIXED VEGGIES
BLACK EYED PEAS
PUDDING

29
CHICKEN NUGGETS
GREEN BEANS IN CHEESE
SAUCE
BABY CARROTS W/FF RANCH
WHITE RICE W/FF GRAVY
ROLL

30
CHEESE ENCHILADAS
SPANISH RICE
CHARRO BEANS

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

LUNCH

May 2014

High School - Weekly

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

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May is National Physical Fitness and Sports Month

CRISPY TACO

SHRED CHEESE-SOUR CREAM-
GUACAMOLE- JALAPENOS-SALSA
LETTUCE-TOMATO
REFRIED BEANS
SPANISH RICE

5

STEAK FINGERS

MASHED POTATOES
W/FF GRAVY
STEAMED CARROTS
PEANUT BUTTER COOKIE

6

CHICKEN SPAGHETTI

SEASONED CORN
PEAS & CARROTS
BREADSTICK

7

SWEET & SOUR CHICKEN
EGG ROLL
GREEN BEANS
FRIED RICE

1

BAKED POTATO W/BBQ
SOUR CREAM, BUTTER,
BACON BITS, CHEESE
TOSSED SALAD W/RANCH
JELLO W/COOL WHIP

2

CHICKEN SMACKERS

MASHED POTATOES
W/FF GRAVY
BROCCOLI W/CHEESE
SAUCE
ROLL

12

SPAGHETTI W/ MEAT SAUCE
GREEN BEANS
TOSSED SALAD
BREADSTICK
JELLO W/COOL WHIP

13

CRISPITOS

W/ CHEESE SAUCE
REFRIED BEANS
SEASONED CORN

14

MINI CORN DOGS
BAKED BEANS
STEAMED CARROTS
OATMEAL MUFFIN SQUARES

15

BUILD YOUR OWN BURRITO
TORTILLA-TACO MEAT-
SHRED CHEESE-SOUR CREAM-
GUACAMOLE- JALAPENOS-SALSA
LETTUCE-TOMATO
REFRIED BEANS
SPANISH RICE

16

FRITO PIE

SHREDDED CHEESE
SEASON MIXED VEGGIES
BLACK EYED PEAS
PUDDING

19

CHICKEN NUGGETS

GREEN BEANS IN CHEESE
SAUCE
BABY CARROTS W/FF RANCH
WHITE RICE W/FF GRAVY
ROLL

20

CHEESE ENCHILADAS
SPANISH RICE
CHARRO BEANS

21

SWEET & SOUR CHICKEN
EGG ROLL
GREEN BEANS
FRIED RICE

22

BAKED POTATO W/BBQ
SOUR CREAM, BUTTER,
BACON BITS, CHEESE
TOSSED SALAD W/RANCH
JELLO W/COOL WHIP

23

CRISPY TACO

SHRED CHEESE-SOUR CREAM-
GUACAMOLE- JALAPENOS-SALSA
LETTUCE-TOMATO
REFRIED BEANS
SPANISH RICE

26

STEAK FINGERS

MASHED POTATOES
W/GRAVY CARROTS
PEANUT BUTTER COOKIE

27

CHICKEN SPAGHETTI

SEASONED CORN
PEAS & CARROTS
BREADSTICK

28

HOMESTYLE CHICKEN

TENDERS
MAC & CHEESE
GREEN BEANS
WW ROLL
BROWNIE

29

HOT DOG/CHILI DOG

SHREDDED CHEESE CUP
BABY CARROTS W/RANCH
TOSSED SALAD
SUNCHIPS

30

LUNCH

June 2014

High School - Weekly

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

CHICKEN SMACKERS
MASHED POTATOES
W/FF GRAVY
BROCCOLI W/CHEESE SAUCE
WW ROLL

2

✿ tuesday

SPAGHETTI W/ MEAT SAUCE
GREEN BEANS
TOSSED SALAD
BREADSTICK
JELLO W/COOL WHIP

3

✿ wednesday

CRISPITOS
W/ CHEESE SAUCE
REFRIED BEANS
SEASONED CORN

4

✿ thursday

EARLY RELEASE!!

CLUB SANDWICH
CHEESE STICK
BAG OF CHIPS
CRAISINS

5

✿ friday

EARLY RELEASE!!

CLUB SANDWICH
CHEESE STICK
BAG OF CHIPS
CRAISINS

9

10

11

12

13

16

17

18

19

20

23

24

25

26

27

30

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