

LUNCH

February 2014

Jr. High School- On the Go

Nutrition Tip

Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.

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



✿ monday

✿ tuesday

✿ wednesday

✿ thursday

✿ friday

Bellville Independent School District

HAMBURGER
OR CHEESE BURGER
OR SPICY CHICKEN BURGER
SEASONED CARROTS
TATOR TOTS

3

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR SPAGHETTI W/MEATBALL
BABY CARROTS W/FF RANCH
GARLIC BREADSTICK
OATMEAL COOKIE

4

HAMBURGER
OR CHEESE BURGER
OR GRILL CHEESE
SEASONED CORN
CURLEY FRIES

5

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
CLUB SANDWICH
TOSSED SALAD W/FF RANCH
BROWNIE

6

HAMBURGER
OR CHEESE BURGER
OR CHICKEN STICKS
STEAMED MIXED VEGETABLES
TATOR TOTS

7

½ DAY UIL-BELLVILLE
PB&J SANDWICH
CHEESE STICK
BAG OF CHIPS
CRAISINS

10

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR PIZZA ROLL
W/MARAIRANA SAUCE
SEASONED PEAS & CARROTS
JELLO W/COOLWHIP

11

HAMBURGER
OR CHEESE BURGER
CHICKEN FRIED STEAK BURGER
SEASONED CARROTS
CURLEY FRIES

12

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR MOZZERALLA CHEESE
STICKS W/MARAIRANA SAUCE
SEASONED CORN
RANCH STLYE BEANS
OATMEAL MUFFIN SQUARE

13

HAMBURGER
OR CHEESE BURGER
OR GRILL CHICKEN BURGER
SEASONED GREEN BEANS
TATOR TOTS

14

HOLIDAY!!

17

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR PIZZA ROLL
W/MARINARA SAUCE
SEASONED CORN
RANCH STYLE BEANS

18

HAMBURGER
OR CHEESE BURGER
OR MEATBALL SUB
SEASONED MIXED VEGETABLE
CURLEY FRIES

19

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR POCKET PIZZA
SEASONED GREEN BEANS

20

HAMBURGER
OR CHEESE BURGER
OR BBQ BURGER
SEASONED PEAS & CARROTS
TATOR TOTS
JELLO W/COOLWHIP

21

HAMBURGER
OR CHEESE BURGER
OR SPICY CHICKEN BURGER
SEASONED CARROTS
TATOR TOTS

24

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR SPAGHETTI W/MEATBALL
BABY CARROTS W/FF RANCH
GARLIC BREADSTICK
OATMEAL COOKIE

25

HAMBURGER
OR CHEESE BURGER
OR GRILL CHEESE
SEASONED CORN
CURLEY FRIES

26

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
CLUB SANDWICH
TOSSED SALAD W/FF RANCH
BROWNIE

27

HAMBURGER
OR CHEESE BURGER
OR CHICKEN STICKS
STEAMED MIXED VEGETABLES
TATOR TOTS

28

LUNCH

March 2014

Jr. High School- On the Go

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
OR CHEESE BURGER
OR SPICY CHICKEN BURGER
ASSORTED VEGETABLES
TATOR TOTS

3

☘ tuesday

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR PIZZA ROLL
W/MARINARA SAUCE
SEASONED PEAS & CARROTS
JELLO W/COOLWHIP

4

☘ wednesday

HAMBURGER
OR CHEESE BURGER
CHICKEN FRIED STEAK
BURGER
SEASONED CARROTS
CURLEY FRIES

5

☘ thursday

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR MOZZERALLA CHEESE
STICKS W/MARINARA SAUCE
SEASONED CORN
RANCH STYLE BEANS
OATMEAL CAKE

6

☘ friday

HAMBURGER
OR CHEESE BURGER
OR GRILL CHICKEN BURGER
SEASONED GREEN BEANS
TATOR TOTS

7

SPRING BREAK!!

10

SPRING BREAK!!

11

SPRING BREAK!!

12

SPRING BREAK!!

13

SPRING BREAK!!

14

HAMBURGER
OR CHEESE BURGER
OR SPICY CHICKEN BURGER
PICKLES
TATOR TOTS
PUDDING

17

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR PIZZA ROLL
W/MARINARA SAUCE
SEASONED CORN
RANCH STYLE BEANS

18

HAMBURGER
OR CHEESE BURGER
OR MEATBALL SUB
PICKLES
CURLEY FRIES

19

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR POCKET PIZZA
SEASONED GREEN BEANS
VEGGIE STICKS W/FF RANCH

20

HAMBURGER
OR CHEESE BURGER
OR BBQ BURGER
PICKLES
TATOR TOTS
JELLO W/COOLWHIP

21

HAMBURGER
OR CHEESE BURGER
OR SPICY CHICKEN BURGER
SEASONED CARROTS
TATOR TOTS

24

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR SPAGHETTI W/MEATBALL
BABY CARROTS W/FF RANCH
GARLIC BREADSTICK
OATMEAL COOKIE

25

HAMBURGER
OR CHEESE BURGER
OR GRILL CHEESE
SEASONED CORN
CURLEY FRIES

26

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
CLUB SANDWICH
TOSSED SALAD W/FF RANCH
BROWNIE

27

HAMBURGER
OR CHEESE BURGER
OR CHICKEN STICKS
STEAMED MIXED VEGETABLES
TATOR TOTS

28

HAMBURGER
OR CHEESE BURGER
OR SPICY CHICKEN BURGER
ASSORTED VEGETABLES
TATOR TOTS

31

Bellville Independent School District



LUNCH

April 2014

Bellville Jr. High-On the Go

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
SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR PIZZA ROLL
W/MARAIRANA SAUCE
SEASONED PEAS & CARROTS
JELLO W/COOLWHIP

2
HAMBURGER
OR CHEESE BURGER
CHICKEN FRIED STEAK
BURGER
SEASONED CARROTS
CURLEY FRIES

3
SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR MOZZERALLA CHEESE
STICKS W/MARAIRANA SAUCE
SEASONED CORN
RANCH STLYE BEANS
OATMEAL CAKE

4
HAMBURGER
OR CHEESE BURGER
OR GRILL CHICKEN BURGER
SEASONED GREEN BEANS
TATOR TOTS

7
HAMBURGER
OR CHEESE BURGER
OR SPICY CHICKEN BURGER
PICKLES
TATOR TOTS
PUDDING

8
SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR PIZZA ROLL
W/MARINARA SAUCE
SEASONED CORN
RANCH STYLE BEANS

9
HAMBURGER
OR CHEESE BURGER
OR MEATBALL SUB
PICKLES
CURLEY FRIES

10
SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR POCKET PIZZA
SEASONED GREEN BEANS
VEGGIE STICKS W/FF RANCH

11
HAMBURGER
OR CHEESE BURGER
OR BBQ BURGER
PICKLES
TATOR TOTS
JELLO W/COOLWHIP

14
HAMBURGER
OR CHEESE BURGER
OR SPICY CHICKEN BURGER
SEASONED CARROTS
TATOR TOTS

15
SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR SPAGHETTI W/MEATBALL
BABY CARROTS W/FF RANCH
GARLIC BREADSTICK
OATMEAL COOKIE

16
HAMBURGER
OR CHEESE BURGER
OR GRILL CHEESE
SEASONED CORN
CURLEY FRIES

17
HOLIDAY!!

18
HOLIDAY!!

21
HAMBURGER
OR CHEESE BURGER
OR SPICY CHICKEN BURGER
ASSORTED VEGETAGLES
TATOR TOTS

22
SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR PIZZA ROLL
W/MARAIRANA SAUCE
SEASONED PEAS & CARROTS
JELLO W/COOLWHIP

23
HAMBURGER
OR CHEESE BURGER
CHICKEN FRIED STEAK
BURGER
SEASONED CARROTS
CURLEY FRIES

24
SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR MOZZERALLA CHEESE
STICKS W/MARAIRANA SAUCE
SEASONED CORN
RANCH STLYE BEANS
OATMEAL CAKE

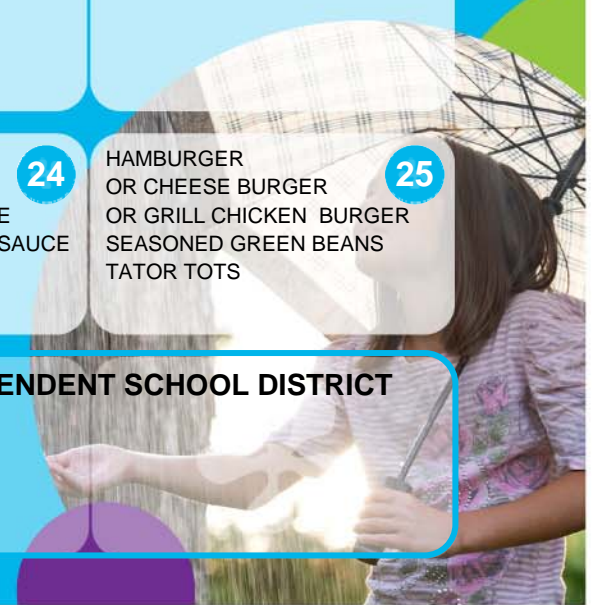
25
HAMBURGER
OR CHEESE BURGER
OR GRILL CHICKEN BURGER
SEASONED GREEN BEANS
TATOR TOTS

28
HAMBURGER
OR CHEESE BURGER
OR SPICY CHICKEN BURGER
PICKLES
TATOR TOTS
PUDDING

29
SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR PIZZA ROLL
W/MARINARA SAUCE
SEASONED CORN
RANCH STYLE BEANS

30
HAMBURGER
OR CHEESE BURGER
OR MEATBALL SUB
PICKLES
CURLEY FRIES

BELLVILLE INDEPENDENT SCHOOL DISTRICT



LUNCH

May 2014

JR. HIGH- ON THE GO

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
OR CHEESE BURGER
OR SPICY CHICKEN BURGER
SEASONED CARROTS
TATOR TOTS **5**

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA **6**
OR SPAGHETTI W/MEATBALL
BABY CARROTS W/FF RANCH
GARLIC BREADSTICK
OATMEAL COOKIE

HAMBURGER
OR CHEESE BURGER **7**
OR GRILL CHEESE
SEASONED CORN
CURLY FRIES

SLICE PEPPERONI PIZZA **8**
OR SLICE CHEESE PIZZA
CLUB SANDWICH
TOSSED SALAD W/FF RANCH
BROWNIE

HAMBURGER **9**
OR CHEESE BURGER
OR CHICKEN STICKS
STEAMED MIXED VEGETABLES
TATOR TOTS

HAMBURGER **12**
OR CHEESE BURGER
OR SPICY CHICKEN BURGER
ASSORTED VEGETABLES
TATOR TOTS

SLICE PEPPERONI PIZZA **13**
OR SLICE CHEESE PIZZA
OR PIZZA ROLL
W/MARINARA SAUCE
SEASONED PEAS & CARROTS
JELLO W/COOLWHIP

HAMBURGER **14**
OR CHEESE BURGER
CHICKEN FRIED STEAK
BURGER
SEASONED CARROTS
CURLY FRIES

SLICE PEPPERONI PIZZA **15**
OR SLICE CHEESE PIZZA
OR MOZZERALLA CHEESE
STICKS W/MARINARA SAUCE
SEASONED CORN
RANCH STYLE BEANS
OATMEAL CAKE

HAMBURGER **16**
OR CHEESE BURGER
OR GRILL CHICKEN BURGER
SEASONED GREEN BEANS
TATOR TOTS

HAMBURGER **19**
OR CHEESE BURGER
OR SPICY CHICKEN BURGER
PICKLES
TATOR TOTS
PUDDING

SLICE PEPPERONI PIZZA **20**
OR SLICE CHEESE PIZZA
OR PIZZA ROLL
W/MARINARA SAUCE
SEASONED CORN
RANCH STYLE BEANS

HAMBURGER **21**
OR CHEESE BURGER
OR MEATBALL SUB
PICKLES
CURLY FRIES

SLICE PEPPERONI PIZZA **22**
OR SLICE CHEESE PIZZA
OR POCKET PIZZA
SEASONED GREEN BEANS
VEGGIE STICKS W/FF RANCH

HAMBURGER **23**
OR CHEESE BURGER
OR BBQ BURGER
PICKLES
TATOR TOTS
JELLO W/COOLWHIP

HOLIDAY!! **26**

SLICE PEPPERONI PIZZA **27**
OR SLICE CHEESE PIZZA
OR SPAGHETTI W/MEATBALL
BABY CARROTS W/FF RANCH
GARLIC BREADSTICK
OATMEAL COOKIE

HAMBURGER **28**
OR CHEESE BURGER
OR GRILL CHEESE
SEASONED CORN
CURLY FRIES

SLICE PEPPERONI PIZZA **29**
OR SLICE CHEESE PIZZA
CLUB SANDWICH
TOSSED SALAD W/FF RANCH
BROWNIE

HAMBURGER **30**
OR CHEESE BURGER
OR CHICKEN STICKS
STEAMED MIXED VEGETABLES
TATOR TOTS

LUNCH

June 2014

JR. HIGH- ON THE GO

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

HAMBURGER
CHEESE BURGER
OR SPICY CHICKEN BURGER
SEASONED MIXED VEGETABLES
TATOR TOTS

2

✿ tuesday

SLICE PEPPERONI PIZZA
OR SLICE CHEESE PIZZA
OR PIZZA ROLL
W/MARAIANA SAUCE
SEASONED PEAS & CARROTS
JELLO W/COOLWHIP

3

✿ wednesday

HAMBURGER
OR CHEESE BURGER
CHICKEN FRIED STEAK BURGER
SEASONED CARROTS
CURLY FRIES

4

✿ thursday

EARLY RELEASE!!
PB&J SANDWICH
CHEESE STICK
BAG OF CHIPS
CRAISINS

5

✿ friday

EARLY RELEASE!!
PB&J SANDWICH
CHEESE STICK
BAG OF CHIPS
CRAISINS

6

9

10

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16

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BELLVILLE INDEPENDENT SCHOOL DISTRICT