

Harvest of the Month

Network for a Healthy California

Pear



It's wonderful having your child(ren) back!
 The Food Services Department is happy to offer several non-meat entrees, such as cheese pizza PB&J pillows, yogurt and more.
 In addition to the entrées, our Salad Bar is stocked full of salads and an assortment of fine, fresh fruits and vegetables.
 Through out the month of October your student will have the opportunity to try pears as our fruit of the month



Beverly Hills Unified School District
 CREATING A WORLD CLASS EDUCATION
BEVERLY HILLS HIGH SCHOOL • HORACE MANN • BEVERLY VISTA • HAWTHORNE • EL RODEO

On the Food Service Department's website listed on the top of this page. You can access our District's menu, nutritional information, wellness policy and nutrition activity lessons that can be view by clicking the appropriate buttons. Parents and Students can depend on the Food Services Department to be their nutrition resource.

Check out our web page for nutritional information at www.bhusd.org under parents/students School Lunch menus



October 2009



Beverly Hills Unifired School District
 K-5 \$3.75 6-8 \$4.50
















Daily Milk & Juices Choices



Prepay for School Lunches online!

The USDA and the CDE are equal opportunity providers and employers

Monday	Tuesday	Wednesday	Thursday	Friday
SPECIAL ENTRÉE FOR 6TH-7TH 8TH MON TUE THURS FRI INDIVIDUAL PIZZA YOUR CHOICE OF CHEESE-VEGGIE & PEPPERONI 	We offer Daily Four Alternative Meal Choices Kosher Sandwich Full service Salad Bar Smuckers PB&J Pillow Cup Yogurt & Fruit	NEW!!! SERVED DAILY 100% FRUIT JUICE FROZEN TREAT WTH MEAL	1-Oct Spaghetti w/ Meat Sauce or Marinara Sauce served with Veggies - Bread Stick Fruits and Vegetables Bar	2-Oct Hard Shell Tacos served with Refried Beans and all the goodies Fruits and Vegetables Bar
5-Oct Cheese Pizza Pocket served with Marinara Sauce Fruits and Vegetables Bar	6-Oct BBQ Shredded Chicken Sandwich served Baked Potato Chips Fruits and Vegetables Bar	 7-Oct Kosher Cheese Pizza  Fruits and Vegetables Bar	8-Oct Stir Fry Chicken served with veggies steam rice, egg roll and a fortune cookie Fruits and Vegetables Bar	 9-Oct Cheese Enchiladas served with Mexican Rice and all the goodies Fruits and Vegetables Bar
12-Oct NO SCHOOL	13-Oct Chicken Nuggets served with Oven Baked Fries Fruits and Vegetables Bar	 14-Oct Kosher Cheese Pizza  Fruits and Vegetables Bar	15-Oct Chicken Parmesan served with noodles veggies and bread stick Fruits and Vegetables Bar	16-Oct Bean Cheese Burrito served with MEXICALI corn and all the goodies Fruits and Vegetables Bar
 19-Oct Lasagna Rolls served with Veggies - Bread Stick Fruits and Vegetables Bar	20-Oct Turkey Submarine sandwich served with Tater Tots potatoes Fruits and Vegetables Bar	 21-Oct Kosher Cheese Pizza  Fruits and Vegetables Bar	22-Oct Pasta Primavera served with Steamed Veggies and ww/ Dinner Roll Fruits and Vegetables Bar	23-Oct Southwest Baked Chicken served with BBQ Black Beans and Roasted Corn Fruits and Vegetables Bar
26-Oct Macaroni & Chesses served with veggies and a ww dinner roll Fruits and Vegetables Bar	 27-Oct Turkey Corn Dog served with Potato Smiles Fruits and Vegetables Bar	 28-Oct Kosher Cheese Pizza  Fruits and Vegetables Bar	29-Oct Teriyaki Chicken Bowl served with Veggies & Sticky Rice Fruit and Vegetables Bar	 30-Oct Monster Taco Salad served with all the goodies Hallowing Treat!!!! Fruits and Vegetables Bar