



# Beeman Elementary School

## Lunch Menu

Sarah Little, Manager and Tammy Jewett, Assistant

# APRIL 2017

| Monday  |  | Tuesday   |  | Wednesday  |  | Thursday  |  | Friday  |  | 453-2331   |  |   |  |
|---|--|---|--|--|--|---|--|---|--|--|--|---|--|
| <b>3</b><br>Macaroni and Cabot Cheddar Cheese<br>Baked Beans<br>Honey Glazed Carrots<br><br>FRESH FRUIT & VEGGIE BAR  |  | <b>4</b><br>Hearty Homemade Meatloaf<br>Mashed Potato<br>Broccoli Spears<br>Cornbread<br><br>FRESH FRUIT & VEGGIE BAR   |  | <b>5</b><br>BBQ Chicken Sandwich on a WW Bun<br>Creamy Coleslaw<br>Roasted Cauliflower<br><br>FRESH FRUIT & VEGGIE BAR                                       |  | <b>6</b><br>Meaty Lasagna or Veggie Lasagna<br>Ceasar Salad<br>Dinner Rolls<br><br>FRESH FRUIT & VEGGIE BAR                         |  | <b>7</b><br>Chicken Fajita on WW Tortilla<br>Grilled Peppers and Onions<br>Brown Rice<br>Mexican Black Beans<br><br>FRESH FRUIT & VEGGIE BAR  |  | <br><b>ANESU</b><br><b>Food Service</b><br><b>Cooperative</b> |  |   |  |
| <b>10 BRUNCH FOR LUNCH</b><br>Scrambled Eggs<br>French Toast Sticks<br>w/ VT Maple Syrup<br>Roasted Potato Wedges<br>Steamed Broccoli<br><br>FRESH FRUIT & VEGGIE BAR                   |  | <b>11 TACO TUESDAY</b><br>Smith Farm Beef or Bean<br>Hard or Soft Taco<br>Shredded Lettuce, Tomato, Cheese<br>Brown Rice<br>Mexican Beans<br><br>FRESH FRUIT & VEGGIE BAR |  | <b>12</b><br>Cheesy Whole Grain Breadsticks<br>w/ Marinara Dipping Sauce<br>Strawberry Spinach Salad<br>Roasted Sweet Potato<br><br>FRESH FRUIT & VEGGIE BAR |  | <b>13</b><br>Rotini with Meat Sauce or Cheese Sauce<br>Green Beans<br>Garlic Bread<br><br>FRESH FRUIT & VEGGIE BAR                  |  | <b>14</b><br>Ham & Cheese Melt or Cheese & Tomato Melt<br>Hearty Corn Chowder<br>Dilly Cucumber & Apple Salad<br><br>FRESH FRUIT & VEGGIE BAR |  |  |  |   |  |
| <b>17</b><br>Meatball Subs w/ Mozzarella on Whole Wheat Bun or Falafel (Chick Pea Patties) w/ Tziki (yogurt sauce)<br>Ceasar Salad<br>Tender Sweet Peas<br><br>FRESH FRUIT & VEGGIE BAR |  | <b>18</b><br>Homemade Chicken & Biscuits<br>w/ Seasonal Veggies<br>Buttery Green Beans<br><br>FRESH FRUIT & VEGGIE BAR  |  | <b>19</b><br>Chicken Tenders w/ BBQ Dipping Sauce<br>Cheesy Corn Bread<br>Baked Beans<br>Roasted Potato Wedges<br><br>FRESH FRUIT & VEGGIE BAR               |  | <b>10</b><br>Hamburger, Cheeseburger, Veggie Burger<br>Lettuce, Tomato, Onion<br>Sweet Potato Fries<br><br>FRESH FRUIT & VEGGIE BAR |  | <b>21</b><br>Baked Potato Bar<br>Ham, Cheddar Toppings<br>Steamed Broccoli<br>Carrot Muffin<br><br>FRESH FRUIT & VEGGIE BAR                   |  |  |  | <b>Meal Prices</b><br>Breakfast \$1.25<br>Lunch \$2.50<br>Adults \$5.00<br><b>Free and Reduced</b><br>NO CHARGE for meals<br>MILK ONLY - \$.50<br>(not included as part of the Free & Red. Meals Program)         |  |
| <b>24</b><br>No School!<br>Spring Break   |  | <b>25</b><br>No School!<br>Spring Break   |  | <b>26</b><br>No School!<br>Spring Break  |  | <b>27</b><br>No School!<br>Spring Break   |  | <b>28</b><br>No School!<br>Spring Break   |  |  |  | <b>Go to</b><br><a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a><br>to prepay for school meals<br><br>VISIT OUR WEBSITE AT:<br><a href="http://www.anesunutrition.com">www.anesunutrition.com</a> |  |
| <b>BREAKFAST</b>  |  | <b>MONDAY</b>   |  | <b>TUESDAY</b>   |  | <b>WEDNESDAY</b>  |  | <b>THURSDAY</b>   |  | <b>FRIDAY</b>  |  |   |  |
|   |  | 4 oz. Yogurt<br>Homemade Granola<br>100% Juice<br>Milk  |  | Cold Cereal<br>Cheese Stick<br>Fruit<br>Milk   |  | Baked Good (Muffin, Sweet Bread, etc.)<br>Fruit<br>Milk   |  | Nutritgrain Bar<br>4 oz. Yogurt<br>Fruit<br>Milk  |  | Baked Good (Muffin, Sweet Bread, etc.)<br>Fruit<br>Milk  |  |   |  |
| <b>ALTERNATE MEAL OPTION</b><br><b>Mon, Wed., Fri.</b><br><b>Bagel &amp; Cream Cheese</b><br>♦♦♦<br><b>Tues., Thurs.</b><br><b>Peanut Butter and Jelly Sandwich</b>                     |  |   |  |  |  |   |  |   |  | This institution is<br>an equal<br>opportunity<br>provider.  |  |   |  |