


BECHS Menu



September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
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				Firebird Friday! 
4	5	6	7	8
Mini Pancakes Hot Dog Sweet Potato Fries Broccoli w/cheese Applesauce	Assorted Poptarts NACHO DAY Beef or Cheese Nachos Spanish rice Mexican Corn Black Beans Taco Toppings Mixed Fruit	Blueberry Muffin Sloppy Jo Glazed Carrots Garden Salad Marinara cup Peaches	Super Donut Simply Southern Meal Carolina BBQ Oven Fried Chicken Dinner Roll Collard Greens Mac & Cheese Green beans Apple Crisp	Asst. Cereal Bars Spicy Chicken Sandwich Spicy Fries Green Peas Sandwich Toppings Strawberry Cups
11	12	13	14	15
Mini Pancakes Popcorn Chicken Dinner Roll Sweet Potato Fry Garden Peas Mixed Fruit	Assorted Poptarts Nacho Frito Spanish Rice Spicy Pintos Mixed Vegetables Taco Toppings Peaches	Blueberry Muffin Chicken Salad Croissant JJ Orange Medley Garden Salad Marinara Cup Fruit Explosion	Super Donut Orange chicken With Rice Dinner Roll Corn Broccoli Pineapple	Firebird Friday! 
18	19	20	21	22
Mini Pancakes Stuffed Crust Pizza Glazed Carrots Green Beans Marinara Cup Pears	Assorted Poptarts Taco Tuesday Beef or Chicken Tacos Pinto Beans Corn Taco Toppings Pineapple	Blueberry Muffin Chicken Nuggets Dinner Roll Garden Salad Sweet Potato Fries Spiced Apples	Super Donut Cheeseburger Oriental Vegetables Broccoli w/cheese Sandwich Toppings Applesauce	Asst. Cereal Bars Fish Sandwich Spicy Fries Baked Beans Peaches

Available Daily at Breakfast: Sausage or Chicken Biscuit and Assorted Juice, Fresh Fruit and Milk Variety


Available Daily at Lunch: PBJ Munchie Pack, Fresh Fruit and Milk Variety



BECHS Menu



September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
Mini Pancakes Chicken Patty Sweet Potato Fries Broccoli w/cheese Applesauce	Assorted Poptarts NACHO DAY Beef or Cheese Nachos Spanish rice Mexican Corn Black Beans Taco Toppings Mixed Fruit	Blueberry Muffin Pizza Sticks Glazed Carrots Garden Salad Marinara cup Peaches	Super Donut Simply Southern Meal Carolina BBQ Oven Fried Chicken Dinner Roll Collard Greens Mac & Cheese Green beans Apple Crisp	Firebird Friday! 

Healthy Snack Idea!



Cinnamon Apple Chips Recipe

Calories: 88 kcal Author: Carrie's Experimental Kitchen

4 Apples sliced 1/8" thick

1-2 tsp . Ground Cinnamon

1-2 tsp . Granulated Sugar if needed

Cooking Spray

Preheat oven to 200 degrees Fahrenheit. 2. Coat the apples with the cinnamon and/or sugar. 3. Spray a baking sheet with cooking spray and line the apples flat on the pan. 4. Bake 2-3 hours until the chips are dry yet still soft. Enjoy!!

Available Daily at Breakfast: Sausage or Chicken Biscuit and Assorted Juice, Fresh Fruit and Milk Variety

Available Daily at Lunch: PBJ Munchie Pack, Fresh Fruit and Milk Variety

