



BECHS Menu

February 2018

Meal Prices:

Breakfast Free to all!

Lunch:

Reduced: .40¢

9-12: \$2.45

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Super Donut Simply Southern Meal Carolina BBQ Oven Fried Chicken Dinner Roll Collard Greens Mac & Cheese Candied Yams Apple Crisp	Asst. Cereal Bars Buffalo Hot Wings Dinner Roll Spicy French Fries Peas & Carrots Sandwich Toppings Pineapple
5	6	7	8	9
Mini Pancakes Turkey Pot Roast w/ Rice Dinner Roll Sweet Potato Fry Peas & Carrots Mixed Fruit	Assorted Poptarts Nacho Frito Spanish Rice Spicy Pintos Mixed Vegetables Taco Toppings Peaches	Blueberry Muffin Spaghetti Dinner Roll JJ Orange Medley Garden Salad Marinara Cup Fruit Explosion	Super Donut Orange Chicken w/ Rice Dinner Roll Corn Spinach Pineapple	Fire Bird Friday!
12	13	14	15	16
Mini Pancakes Chicken Tenders Dinner Roll 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 Garden Salad Sweet Potato Fries Spiced Apples	Super Donut General TSO Chicken Oriental Vegetables Broccoli w/cheese Sandwich Toppings Applesauce	Asst. Cereal Bars Mini Corn Dogs Dinner Roll Spicy French Fries Baked Beans Peaches
19	20	21	22	23
Mini Pancakes Chicken Patty Sandwich Sweet Potato Fries Green Beans Applesauce	Assorted Poptarts Nacho Day Beef or Cheese Nachos Spanish rice Mexican Corn Black Beans Taco Toppings Mixed Fruit	Blueberry Muffin Sloppy Joe Glazed Carrots Garden Salad Marinara Cup Peaches	Super Donut Simply Southern Meal Carolina BBQ Oven Fried Chicken Dinner Roll Collard Greens Mac & Cheese Candied Yams Apple Crisp	Fire Bird Friday!

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

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Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	<p>Heart Healthy Foods</p> <ul style="list-style-type: none"> Oatmeal Brown or Wild Rice Salmon Sardines Tuna Walnuts Almonds Flax Seeds Berries Olive Oil Broccoli Carrots Sweet Potatoes Red Bell Peppers Black Beans Kidney Beans Spinach Green Tea Red Wine Cantaloupe Papaya Acron Squash Tomatoes Oranges Asparagus Avocados <p><small>strengthandsunshine.wordpress.com</small></p>	
Mini Pancakes Grilled Cheese Sweet Potato Fry Peas& Carrots Mixed Fruit	Assorted Poptarts Chicken Cheese Quesadilla Spanish Rice Spicy Pintos Mixed Vegetables Taco Toppings Peaches	Blueberry Muffin Pepperoni Pizza JJ Orange Medley Garden Salad Marinara Cup Fruit Explosion		

Healthy Snack!

- 1 cup vanilla soy milk
- 1/2 cup strawberry soy yogurt
- 1 small ripe banana
- 1/2 cup ice cubes
- 1 1/4 cups mixed frozen berries (raspberries, strawberries, blueberries)
- 3-4 fresh strawberries
- 2 Tbsp agave or maple syrup

Blend and Enjoy!

