

Bertha - Hewitt School Menu

Jan-24

Breakfast

- *Students must select 3 components &
1 component must be 1/2 cup FRUIT or JUICE
- *Breakfast served with Fresh Fruit & Juice
- *Breakfast alternate: Cold Cereal & Cheese Stick




Lunch

- Lunch Alternate 5- HS
- #1: Ham or Turkey Sandwich
- #2: Chef Salad

All meals are served with Skim, 1% Or Chocolate Skim Milk

Assorted Fruit Served Daily

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School 	2 Frudel/Mini Bagel Spagatti with meat Sauce R Lettuce Salad Fresh Cucumbers Garlic Toast	3 Biscuits & Gravy Chicken Fajita Tortilla Shell Shredded Lettuce & cheese Diced Tomatoes Steamed Corn	4 Sausage-on-a-Stick Pulled Pork Sandwich Hashbrowns & Baked Beans & Fruit	5 Frosted Long John Italian Dunkers Marinara Sauce Fresh Veggies & Fruit Lettuce Salad
8 Mini Waffles Mac & Cheese Fruit Fresh Veggies & Dip Bread Stick	9 scrambled eggs & tst Queso Meatballs & Sauce Shredded Lettuce Sliced vegg Dip Chips	10 Cheese Omelet & Biscuit Soup Day Corn Chips Corn Fresh Veggies Dessert	11 Snack Bread & Yogurt Chicken Nuggets Mashed potatoes & Gravy Baked Beans Dinner Roll	12 Frosted Cinnamon Roll Pizza Celery & Carrots R Lettuce Salad & Chips 
15 French Toast Beef Nachos & Cheese Shredded Lettuce Diced Tomatoes Steamed corn Chips	16 Bagel & Cream Cheese B-H Chicken Bowl Mashed Potatoes Steamed Peas Dinner Roll	17 Scrambled Eggs & Tst Cheeseburgers pickles Baked Beans Fruit Chips	18 Muffin & Cheese Stick Chicken Alfredo Steamed Broccoli Sliced Peppers Breadstick	19 Breakfast Pizza Mandarin Chicken Steamed Rice Broccoli Fruit
22 No School 	23 Muffins & Yogurt Taco -in-a-Bag Tortilla Chips Shredded Lettuce & cheese Tomatoes & Steamed Corn Cookie	24 Biscuits & Eggs Sloppy Joe's Fries & Fruit Cucumbers & Dip	25 Bacon Egg Bites Hot Roast beef or Hot Chicken Sandwich Baked Beans Tater Tots & Fruit	26 Frosted Cinnamon Roll Taco or Chicken Noodle Soup Crackers Grilled Cheese & Fruit
29 Breakfast Bar Popcorn Chicken Corn & Fruit & Dessert	30 Mini Waffle Mini Corn Dogs Baked Beans Chips & Fruit	31 Pancakes Hot Dogs & French Fries Veggies & Dip Fruit Cups	