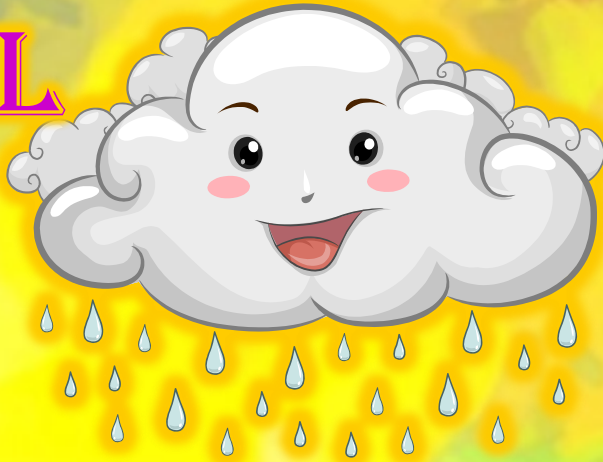


MENUS FOR APRIL 2024



BTHS #201

This institution is an equal opportunity provider.
Menus are subject to change.

Available Daily

Breakfast:

Bagels, Pop Tarts, Yogurt,
Mini Donuts, Whole Grain
Cereals and more!

Breakfast includes fruit,
a fruit juice choice or both
and milk

Lunch:

Assorted Pizza,
Chicken Patties,
Hamburgers, Cheeseburgers,
Tacos & Nachos,
Assorted Salads & Wraps

Lunch includes a variety
of vegetables, fruits,
fruit juice
and milk

Monday, April 1

Breakfast

-French Toast & Syrup
Fruit, Juice & Milk

Lunch

**-Popcorn Chicken
with Pretzel Bites
and Queso Cheese**
Mashed Potatoes
Baked Beans
Fruit Choices
Cold Milk

Tuesday, April 2

Breakfast

**-Sausage & Cheese
Biscuit**
Fruit, Juice & Milk

Lunch

**-Nacho Bites &
Cheese Sauce**
French Fries
Refried Beans
Fruit Choices
Cold Milk

Wednesday, April 3

Breakfast

**-Scrambled Eggs
& Cinnamon Toast**
Fruit, Juice & Milk

Lunch

**-Grilled Chicken
w/Cheese & Bacon
on Bun**
Baked Potato
Mixed Vegetables
Fruit Choices
Cold Milk

Thursday, April 4

Breakfast

**-Ham & Cheese
Bagel**
Fruit, Juice & Milk

Lunch

**-Sausage, Egg &
Cheese Croissant**
Tator Tots
Green Beans
Fruit Choices
Cold Milk

Friday, April 5

Breakfast

-Breakfast Burrito
Fruit, Juice & Milk

Lunch

**-Mostaccioli with
Breadstick**
French Fries
Peas
Fruit Choices
Cold Milk

Monday, April 8

Breakfast

-Cinnamon Rolls
Fruit, Juice & Milk

Lunch

-BBQ Rib on Bun
Mashed Potatoes
Carrots
Fruit Choices
Cold Milk

Tuesday, April 9

Breakfast

-Sausage Biscuit
Fruit, Juice & Milk

Lunch

**-Chicken Street
Tacos**
French Fries
Black Beans
Fruit Choices
Cold Milk

Wednesday, April 10

Breakfast

-Pancakes & Syrup
Fruit, Juice & Milk

Lunch

**-Philly Cheesesteak
Sandwich**
Baked Potato
Corn
Fruit Choices
Cold Milk

Thursday, April 11

Breakfast

**-Bacon, Egg &
Cheese English
Muffin**
Fruit, Juice & Milk

Lunch

**-Chicken Strips with
Waffles**
Tator Tots
Green Beans
Fruit Choices
Cold Milk

Friday, April 12

Breakfast

-Mini Pancake Wraps
Fruit, Juice & Milk

Lunch

-French Bread Pizza
French Fries
Peas
Fruit Choices
Cold Milk



Monday, April 15

Breakfast
-Ham & Cheese Bagel
 Fruit, Juice & Milk

Lunch
-Chili Cheese Fritos
 Mashed Potatoes
 Baked Beans
 Fruit Choices
 Cold Milk

Tuesday, April 16

Breakfast
-Pancake & Sausage on a Stick
 Fruit, Juice & Milk

Lunch
-Fiestada Pizza
 French Fries
 Refried Beans
 Fruit Choices
 Cold Milk

Wednesday, April 17

Breakfast
-Egg & Cheese Biscuit
 Fruit, Juice & Milk

Lunch
-Chicken & Vegetable Teriyaki Dumplings
 Baked Potato
 Broccoli with Cheese
 Fruit Choices
 Cold Milk

Thursday, April 18

Breakfast
-Breakfast Pizza
 Fruit, Juice & Milk

Lunch
-French Toast with Sausage & Egg Patties
 Tator Tots
 Corn
 Fruit Choices
 Cold Milk

Friday, April 19

No School

Teacher's Institute Day



Monday, April 22

Breakfast
-Breakfast Burrito
 Fruit, Juice & Milk

Lunch
-Mini Corn Dogs
 Mashed Potatoes
 Peas
 Fruit Choices
 Cold Milk

Tuesday, April 23

Breakfast
-Biscuit with Gravy
 Fruit, Juice & Milk

Lunch
-Crunchy Beef or Chicken Tacos
 French Fries
 Black Beans
 Fruit Choices
 Cold Milk

Wednesday, April 24

Breakfast
-Breakfast Pizza
 Fruit, Juice & Milk

Lunch
-Orange Chicken with Rice & Goldfish Crackers
 Baked Potato
 Broccoli with Cheese
 Fruit Choices
 Cold Milk

Thursday, April 25

Breakfast
-Pancakes & Syrup
 Fruit, Juice & Milk

Lunch
-Pulled Pork Mac & Cheese and Bread Slice
 Tator Tots
 Carrots
 Fruit Choices
 Cold Milk

Friday, April 26

Breakfast
-Ham & Cheese Bagel
 Fruit, Juice & Milk

Lunch
-Cheese Ravioli With Breadstick
 French Fries
 Green Beans
 Fruit Choices
 Cold Milk

Monday, April 29

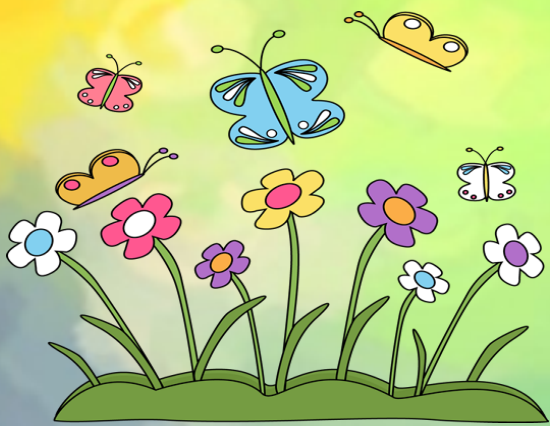
Breakfast
-Scrambled Eggs & Cinnamon Toast
 Fruit, Juice & Milk

Lunch
-Popcorn Chicken with Pretzel Bites and Queso Cheese
 Mashed Potatoes
 Baked Beans
 Fruit Choices
 Cold Milk

Tuesday, April 30

Breakfast
-Sausage & Cheese Biscuit
 Fruit, Juice & Milk

Lunch
-Nacho Bites & Cheese Sauce
 French Fries
 Refried Beans
 Fruit Choices
 Cold Milk



INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!