

April 2017

BRIDGEHAMPTON SCHOOL

LUNCH



Lunch Price \$4.00 - Reduced Price 0.25
 Includes, Milk and Fruit – A La Cart Items (Healthy
 Chips
 \$ 1.75) Snapple \$1.25 – Purity \$1.75
 Cookies \$1.25



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
 Go light on the meat and top your pizza with vegetables like tomatoes,
 onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Commented [DP1]:

Monday

Potato Leek Soup **3**
 W/WW/Roll Or
 Mac & Cheese
 W/WW/Roll / Broccoli
 Or Fresh Carrots
 Fresh Fruit or Fruit Cup

Tuesday

Chicken Noodle Soup **4**
 W/WW/Roll Or
 Hamburger/ Cheeseburger
 Crinkle Fries
 Green Beans or Salad
 Fresh Fruit Or Fruit Cup

Wednesday

Meatball Parmesan **5**
 Hero
 Caesar Salad Or Mustard Greens
 Fresh Fruit Or Fruit Cup

Thursday

Popcorn Chicken **6**
 Brown Rice & Beans
 Mixed Green Salad / Mixed Veggies
 Fresh Fruit Or Fruit Cup

Friday

Whole Wheat **7**
 Cheesy Pizza
 Or
 Veggie Pizza
 Mixed Green Salad / Fresh Carrots
 Fresh Fruit

10

11

12

13

14

SPRING RECESS

Lentil Soup **17**
 Soup W/WW/Roll
 Or
 Baked Ziti
 W/WW/Roll , Mixed Green
 Salad & Fresh Fruit

Roasted Chicken Pieces **18**
 Mashed Potatoes
 Green Beans / Corn
 Fresh Fruit

19
 Chef's Choice

Turkey Nacho Grande **20**
 W/Lettuce, Tomatoes
 Cheese, Beans, Salsa,
 Sour Cream
 Fresh Fruit

Whole Wheat **21**
 Cheesy Pizza
 Or
 Veggie Pizza
 Mixed Green Salad / Roasted Veggies
 Fresh Fruit

Stuffed Shells **24**
 W/Marinara Sauce
 WW/Roll / Steamed Broccoli
 Mixed Green Salad
 Fresh Fruit & Fruit Cup

Chicken Noodle Soup **25**
 W/WW/Roll Or
 Chicken Sandwich on
 WW/Roll / Sweet Potatoes Fries
 Fresh Carrots / Mixed Green Salad

Popcorn Chicken **26**
 Couscous W/Spinach
 Mixed Green Salad
 Fresh Fruit Or Fruit Cup

Chicken Fajita **27**
 Spanish Rice & Beans
 Mixed Veggies Or Mixed Green Salad
 Fresh Fruit Or Fruit Cup

Whole Wheat **28**
 Cheesy Pizza
 Or
 Veggie Pizza
 Caesar Salad / Mixed Veggies
 Fresh Fruit Or Fruit Cup

Butternut Squash Soup
 W/WW/Roll
 Or Grilled Cheese
 Fresh Carrots / Mixed Green
 Salad & Fresh Fruit

Chicken Noodle Soup
 W/ WW/Roll
 Or Hamburger/ Cheeseburger
 Spicy Fries / Green Beans
 Fresh Fruit

WW= Whole Wheat
 Sensible Snack Contain
 Fat -7g Or Less – Sodium
 360mg Or Less – Sugar
 15g Or Less

