

Paya (water) is available at every meal and



BIHS February 2021 Menu



"This institution is an equal opportunity provider"
Approved by a Registered Dietician Nutritionist

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Week 1	<p>1</p> <p>Breakfast: <u>Whole Wheat Bagel</u> (1/2 serving) with .5 oz Cream Cheese served with 1 Tangerine (1/2 cup) and 3/4 cup 1% or nonfat milk /Lactaid/Soy</p> <p>Lunch: Grill ham (1 oz.) & cheese (0.5) on 1/2 serving of <u>whole wheat bread</u> served with tomato soup, 1/4 cup carrot sticks, 1/4 cup of sliced grapes, 3/4 cup 1% or nonfat milk / Lactaid/Soy</p> <p>Snack: 1/2 cup of sliced apples with 1/2 serving of whole wheat crackers</p>	<p>2</p> <p>Breakfast: 1/2 cup Cranberry Applesauce, 1/2 <u>slice Whole Wheat French Toast</u>, and 3/4 cup 1% or nonfat milk/Lactaid/Soy</p> <p>Lunch: Whole Wheat Spaghetti: 1 1/2 oz. lean beef, 1/4 cup of <u>whole wheat pasta</u>, and tomato sauce; 1/4 cup of corn; 1/4 cup Mixed Green Salad; 1/8 cup shredded carrots, 1/8 sliced tomatoes, 1/8 cucumbers and 1/4 cup fresh sliced apples and 3/4 cup 1% or nonfat milk /Lactaid/Soy</p> <p>Snack: 1/2 oz. of cheese 1/2 cup of Fresh Peaches</p>	<p>3</p> <p>Breakfast: 3/4 cup unsweetened cereal served with 1/2 cup sliced banana and blueberries and 3/4 cup 1% or nonfat milk/Lactaid/Soy</p> <p>Lunch: Chicken Soup (1 1/2 oz. diced chicken 1/4 cup vegies(corn, potatoes, tomatoes, broccoli) 1/4 cup of peaches in natural juices, served with 1/2 serving <u>whole wheat crackers</u> and 3/4 cup 1% or nonfat milk/Lactaid/Soy</p> <p>Snack: 1/2 serving of graham crackers, 1/2 cup Mandarin Oranges</p>	<p>4</p> <p>Breakfast: 1/4 cup cooked oatmeal topped with cinnamon and raisins served with 1/2 cup of canned apricots and 3/4 cup 1% or nonfat milk/Lactaid/Soy</p> <p>Lunch: Chef Salad (5 oz. sliced ham, .5 oz. sliced turkey, .5 oz. cheese with 1/4 cup of green salad mixed with 1/4 cup steamed Edamame/Celery) 1/4 cup mandarin oranges served with 1/2 serving <u>whole grain Triscuits</u> (3-4 crackers), 3/4 cup 1% or nonfat milk/Lactaid/Soy</p> <p>Snack: 1/2 serving blueberries and bananas with 1/2 oz. serving of sliced almonds</p>	<p>5</p> <p>Breakfast: 1 hard boiled egg, <u>whole wheat toast</u> served with 1/2 cup of canned Peaches in natural juices, 3/4 cup 1% or non-fat milk/Lactaid/Soy</p> <p>Lunch: Baked Chicken and Butternut Squash: 1.5 oz of chicken served with cubed butter nut squash(1/4 cup) and <u>Whole Wheat dinner roll</u>, 1/4 cup sliced apples, 3/4 cup 1% or non-fat milk, Lactaid or Soy</p> <p>Snack: .5 oz cubed cheese and 1/2 cup of diced pears</p>	<p>Fridays: Prepare snacks to go.</p>
Week 2	<p>8</p> <p>Breakfast: 1/2 cup of blackberries, Breakfast Quesadilla: 3/4 egg, .05 cheddar cheese, rolled with a <u>whole wheat tortilla</u>, 3/4 cup 1% or nonfat milk/Lactaid/Soy</p> <p>Lunch: 1/2 Pizza in-a pocket: 1 oz. cooked lean hamburger, 0.5 oz. cheddar cheese, 1/4 cup of Zucchini Sticks with low-fat dressing, 1/4 cup fresh blueberries mixed with diced peaches and 3/4 cup 1% or nonfat milk /Lactaid/Soy</p> <p>Snack: 1 Tbsp. of peanut butter 1/2 cup of Green Apples</p>	<p>9</p> <p>Breakfast: 1/4 cup of cooked Oatmeal served with 1/2 serving of <u>whole wheat Toast</u> with 1/2 cup fresh strawberries, 3/4 cup 1% or nonfat milk /Lactaid/Soy</p> <p>Lunch: Turkey Noodle Soup 1.5 oz. lean ground turkey mixed with 1/4 cup of potatoes, zucchini, green beans served with <u>1/2 serving of whole wheat soda crackers</u>, 1/4 cup peach halves, and 3/4 cup 1% or nonfat milk/Lactaid/Soy</p> <p>Snack: 1/2 cup - Fruit salad-(sliced apples, bananas, sliced almonds and celery served with 1/2 serving of whole wheat Triscuits</p>	<p>10</p> <p>Breakfast: 1/2 serving of whole wheat waffles served with 1/2 cup of fresh blueberries, and 3/4 cup 1% or nonfat milk/Lactaid/Soy</p> <p>Lunch: Tuna Sandwich: 1/2 serving of <u>whole wheat bread</u>, 1.5 oz. tuna, 1/4 cup of steamed green beans, 1/4 cup grapes and 3/4 cup 1% or nonfat milk / Lactaid/Soy</p> <p>Snack: 1/2 serving low sodium rice cake, 1/2 oz. of cubed cheese</p>	<p>11</p> <p>Breakfast: 3/4 cup Wheat Chex® served with 1/2 cup Raspberries and 3/4 cup 1% or Non Fat Milk/Lactaid/Soy</p> <p>Lunch: Roast beef Barley casserole (1.5 oz. roast beef, 1/4 barley), 1/4 cup Butternut squash, 1/4 cup Fresh pear slices and 3/4 cup 1% or Non Fat Milk/Lactaid/Soy</p> <p>Snack: 1/2 cup Cucumber slices and 1/2 serving <u>Whole-grain Ritz Crackers</u></p>	<p>12</p> <p>Breakfast: 1/2 cup fresh sliced apples, 1/4 cup of Oatmeal mixed with cranberries and raisins and 3/4 cup 1% or Non Fat Milk/Lactaid/Soy</p> <p>Lunch: Fish Sticks (1.5 oz of fish) 1/4 cup sliced celery and carrot sticks, 1/4 cup sliced apples, 1/4 cup Wild Rice and 3/4 cup 1% or Non Fat Milk/Lactaid/Soy</p> <p>Snack: 1/2 serving Graham crackers, 1/2 cup sliced grapes</p>	<p>Fridays: Prepare snacks to go.</p>
Week 3	<p>15</p> <p>Breakfast: 1/2 Chopper Jack (egg , cheese, 1/2 serving of <u>whole wheat bun</u>), 1/2 cup diced fresh watermelon and 3/4 cup 1% or nonfat milk /Lactaid/Soy</p> <p>Lunch: Peanut butter and Jelly on 1/2 serving of <u>whole wheat bread</u>, peanut butter 3 tsp., 1/4 cup mandarin oranges, 1/4 cup of mixed carrots and radishes, 3/4 cup 1% or nonfat milk/Lactaid/Soy</p> <p>Snack: 1/2 serving of corn tortilla chips with 1/2 cup homemade mild salsa and 1 small apple</p>	<p>16</p> <p>Breakfast: 1/2 slice <u>whole wheat French toast</u> with reduced calorie syrup, served with 1/2 cup fresh apple slices and 3/4 cup 1% or nonfat milk /Lactaid/Soy</p> <p>Lunch: Chicken Tacos: <u>Whole wheat tortillas</u>, 1 oz. shredded chicken and 1/2 oz of shredded cheese, 1/4 cup corn, 1/4 cup fresh watermelon, 3/4 cup 1% or nonfat milk /Lactaid/Soy</p> <p>Snack: 1 Soft Pretzel with 1 Tbsp. peanut butter 1/2 cup on 1% or non-fat milk/Lactaid/Soy</p>	<p>17</p> <p>Breakfast: 1/3 cup of Oatmeal mixed with bananas and strawberries with 1/2 cup Canned Apricots in natural juices and 3/4 cup 1% or non-fat milk/Lactaid/Soy</p> <p>Lunch: Homemade Hamburger Helper: 1oz. Of ground hamburger mixed with <u>whole wheat elbow</u> macaroni pasta and topped with .5 jack cheese served with 1/4 cup cooked Brussel Sprouts, 1/4 cup sliced oranges and 3/4 cup 1% or non-fat milk/Lactaid/Soy</p> <p>Snack: 1 oz. cheddar cheese cubes (3-4), 1 serving of <u>whole wheat Ritz crackers (4)</u></p>	<p>18</p> <p>Breakfast: 1/2 <u>Whole-wheat</u> bagel served with Spinach Egg omelet, 1/2 cup Blueberries and Banana and 3/4 cup 1% or non-fat, milk/Lactaid/Soy</p> <p>Lunch: 1.5 oz. of Cod fillet served with 1/4 cup <u>Brown rice</u>, 1/4 Garden salad, 1/4 sliced Cantaloupe and 3/4 cup non-fat milk/Lactaid/Soy</p> <p>Snack: 1/2 cup Broccoli/cauliflower florets served with low calorie ranch dressing and 1/2 serving of whole wheat crackers.</p>	<p>19</p> <p>Breakfast: 1/2 serving of <u>whole wheat toast</u>, 1/2 cup fresh strawberries, 3/4 cup 1% or nonfat milk/Lactaid/Soy Optional: .5 oz peanut butter cup</p> <p>Lunch: Turkey Bowl with 1 1/2 oz. turkey, 1/4 cup of mashed potatoes, 1/4 cup fresh sliced apples, 1/4 cup steamed green beans, 1/2 serving of <u>whole wheat roll</u>, and 3/4 cup 1% or nonfat milk /Lactaid/Soy</p> <p>Snack: 1/2 serving of graham crackers, 1/2 cup Mandarin Oranges</p>	<p>Fridays: Prepare snacks to go.</p>
Week 4	<p>22</p> <p>Breakfast: 1/2 cup fresh sliced oranges 1/2 serving of Buckwheat pancakes Optional: Maple Syrup 3/4 cup 1% or Nonfat milk/Lactaid/Soy</p> <p>Lunch: 1 1/2 oz. sliced turkey breast on 1/2 <u>serving whole wheat bread</u> w/ tsp light cranberry mayonnaise with Mixed green lettuce and pickle; 1/4 cup zucchini and carrot sticks; a fresh pear; 3/4 cup 1% or Nonfat milk /Lactaid/Soy</p> <p>Snack: 1/2 toasted whole wheat English muffin; 1 tsp. peanut butter; 1/2 cup 1% or Nonfat milk/Lactaid/Soy</p>	<p>23</p> <p>Breakfast: 1/2 cup fresh pineapple cubes 1/2 slice Whole Wheat English Muffin Vegetable omelet with 3/4 egg 1/8 cup fresh spinach, 1/8 cup of diced tomatoes; 3/4 cup 1% or Non-fat milk/Lactaid/Soy</p> <p>Lunch: Chicken and <u>Wild Rice</u>: 1/4 cup wild rice; 1 1/2 oz. chicken; 1/4 cup fresh steamed green beans, 1/4 cup fresh honeydew; 3/4 cup 1% or Nonfat milk/Lactaid/Soy</p> <p>Snack: 1/2 oz. String cheese and 1/2 serving of Ritz crackers-4</p>	<p>24</p> <p>Breakfast: 1/2 cup Canned Peaches 1/2 Slice of French Toast –optional maple syrup, 3/4 cup 1% or Nonfat milk/Lactaid/Soy</p> <p>Lunch: Pork Chops and Applesauce: lean pork chops-1 1/2 oz., 1 <u>Whole Wheat dinner roll</u>, 1/4 cup Winter Squash, 1/4 cup Applesauce, 3/4 cup 1% or Nonfat milk/Lactaid/Soy</p> <p>Snack: 1 oz. cheddar cheese cubes (3-4), 1 serving of <u>whole wheat Ritz crackers (4)</u></p>	<p>25</p> <p>Breakfast: 1/2 cup fresh pineapple 1/2 serving of <u>whole wheat blueberry waffles</u>, 3/4 cup 1% or non-fat milk/Lactaid/Soy</p> <p>Lunch: 3/4 cup vegetable chili (1 1/2 oz. ground turkey, 1/2 cup Kidney beans, green bell peppers and tomatoes) 1/2 serving of <u>whole wheat crackers</u>; 1/4 cup fresh fruit salad (Apples, blueberries, strawberries), 3/4 cup 1% or non-fat milk/Lactaid/Soy</p> <p>Snack: 1/2 cup shelled edamame and 1/2 serving of wild rice cakes</p>	<p>26</p> <p>Breakfast: Breakfast Quesadilla: 3/4 scrambled eggs, mixed 1/4 potatoes, topped with melted cheese in a <u>whole wheat tortilla</u> served with 1/2 cup fresh orange slices, and 1% 3/4 cup Non-fat milk/Lactaid/Soy</p> <p>Lunch: 1.5 oz. breaded Chicken Tenders, 1/2 serving of corn bread, 1/4 cup watermelon, 1/4 cup of peas and carrots and 3/4 cup 1% or Nonfat milk/Lactaid/Soy</p> <p>Snack: 1/2 oz. low fat cottage cheese, 1/2 cup of diced pears</p>	<p>Fridays: Prepare snacks to go.</p>

FIGHT GERMS BY WASHING YOUR HANDS!

1 Wet your hands

2 Soap

3 Lather and scrub - 20 sec

4 Rinse - 10 sec

5 Turn off tap

6 Dry your hands

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

"Please inform us of your child's dietary restrictions. For those who have allergies, alternatives are available. Lactaid and Soy milk are available for those with lactose intolerance" Please see Amanda or Susie with questions or concerns.

