



February 2017

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

Mon	Tue	Wed	Thu	Fri
<p>Parents and Guardians we are looking for Healthy Home recipes to include in our school menus!</p>		<p style="text-align: right;">1</p> <p><u>Breakfast</u> 1/2 cup Fresh Oranges 1/2 cup BIHS Breakfast Sandwich (Whole Wheat bread, 3/4 egg, 1/2 oz. jack cheese, garnished with fresh spinach) , 3/4 cup nonfat milk <u>Lunch</u> Peanut butter and Fruit Spread Sandwich: 1 Slice whole wheat bread, peanut butter 3 TBSP. 1 TBSP low sugar fruit spread 1/4 cup fresh pineapple, 1/4 cup mandarin oranges , 3/4 cup nonfat milk</p> <p style="text-align: center;">Early Day-School Out at 12:00</p>	<p style="text-align: right;">2</p> <p><u>Breakfast</u> 1/2 cup of Applesauce 1/2 serving of whole wheat pancakes 3/4 cup nonfat milk <u>Lunch</u> Bake crispy chicken, (1 1/2 oz. chicken) 1/2 cup steamed broccoli, 1/2 cup fresh apple slices, 1/2 whole wheat bread 3/4 cup nonfat milk <u>Snack</u> 1 serving graham crackers (2 crackers) 1/2 nonfat milk</p>	<p style="text-align: right;">3</p> <p><u>Breakfast</u> 1/2 cup canned pears 1/2 slice of whole wheat blueberry bagel w/ 1/2 oz. cream cheese, 3/4 cup nonfat milk <u>Lunch</u> 1/2 cup Hamburger soup (1/8 cup of peas, 1/8 corn, 1/8 carrots, 1/8 pearl onions and 1/2 kidney beans, and 1 oz. of lean hamburger meat)1/4 cup canned mandarin oranges, 1/2 piece combread 3/4 cup nonfat milk <u>Snack</u> 1 whole wheat rice cake with a 1/2 nonfat milk</p>
<p style="text-align: right;">6</p> <p><u>Breakfast</u> 1/2 cup Canned Peaches 1/2 Slice of Whole Wheat Tortilla melted cheddar cheese 3/4 cup nonfat milk <u>Lunch</u> Easier Than Lasagna: (1/4 cup pasta, 1/4 cup vegetable, 1/2 cheese, ricotta, jack, and parmesan and 1 oz. lean ground turkey) 1/4 cup Mashed Sweet Potato 1/4 sliced Red Delicious Apples 3/4 cup nonfat milk <u>Snack</u> 1/2 cup of canned pears with 1 granola bar</p>	<p style="text-align: right;">7</p> <p><u>Breakfast</u> 1/2 cup fresh strawberries 1/3 cup unsweetened cereal variety 3/4 cup nonfat milk (Lactaid Milk) <u>Lunch</u> 1 serving (1/2 pita) pizza in a pocket: 1 oz. cooked lean ground sausage 1/2 oz. mozzarella cheese, and pizza sauce in a whole wheat Pita. 1/4 cup of romaine salad: mix of carrots, red cabbage, and tomatoes with 1 Tbsp. low-fat dressing; 1/4 cup apricot halves 3/4 cup nonfat milk <u>Snack</u> Banana Muffin and 1/2 of cup nonfat milk</p>	<p style="text-align: right;">8</p> <p><u>Breakfast</u> 1/2 cup of Fresh Bananas 1/4 cup of warm Oatmeal , 3/4 c nonfat milk <u>Lunch</u> Shredded chicken with beans and rice (mix) 1 1/2 oz. chicken 1/4 cup kidney beans 1/4 cup whole grain wild rice, 1/2 cup fresh steamed green beans, 1/4 cup fresh honeydew, 3/4 cup nonfat milk <u>Snack</u> 1/2 cup of nonfat milk 1 serving of whole wheat Ritz crackers-5 1oz. Of peanut butter</p>	<p style="text-align: right;">9</p> <p><u>Breakfast</u> 1/2 cup fresh orange slices, 3/4 scrambled eggs , with a whole wheat English muffin, 3/4 cup nonfat milk <u>Lunch</u> Oven baked fish (11/2 oz.) , 1/4 cup Brussels Sprouts , 1/4 cup canned pears, 1/2 whole wheat bread, 3/4 cup nonfat milk <u>Snack</u> 1 oz. low fat cottage cheese 1/2 cup of Peaches</p>	<p style="text-align: right;">10</p> <p><u>Breakfast</u> 1/2 cup fresh apple slices 1/4 cup cream of wheat 3/4 cup nonfat milk <u>Lunch</u> 1/4 cup spaghetti (1 1/2 oz. beef, 1/4 cup whole wheat pasta; 1/4 Tomato Sauce) 1/4 cup cooked carrots, 1/4 cup fresh pears, 3/4 cup nonfat milk <u>Snack</u> 1/2 cup fresh apple slices 2 oz. of low-fat yogurt</p>
<p style="text-align: right;">13</p> <p><u>Breakfast</u> 1/2 cup fresh orange slices, 1/4 cup cooked oatmeal, 1 TBSP raisins/ cranberries , 3/4 cup non-fat milk <u>Lunch</u> 1 serving chicken noodle soup(1 1/2 oz. cooked lean chicken, 1/4 cup vegetable: carrots, onions, potatoes, corn, 1/4 cup of whole wheat pasta), 1/4 cup of canned peach halves, 3/4 cup nonfat milk <u>Snack</u> 1/2 cup of green apples, TBSP peanut butter</p>	<p style="text-align: right;">14</p> <p><u>Breakfast</u> 1/2 cup Fresh Banana 1/3 cup unsweetened cereal variety , 3/4 cup nonfat milk <u>Lunch</u> 1/4 cup of whole wheat pasta (Spiral) and Tomato sauce (1 1/2 oz. lean ground turkey); 1/2 cup romaine salad with 1/4 cup of shredded carrots, and 1/4 cup of Kale, with 1 Tbsp. low-fat dressing; 1/4 cup of grapefruit and mandarin oranges, 3/4 cup nonfat milk <u>Snack</u> Strawberry Jell-O topped with 2 oz. low-fat vanilla yogurt, 1/2 cup peaches</p>	<p style="text-align: right;">15</p> <p><u>Breakfast</u> 1/2 cup of pineapple chunks 1/2 slice of whole wheat French toast with 1 Tbsp. Maple syrup 3/4 cup nonfat milk (Lactaid Milk) <u>Lunch</u> 1 tomato basil wrap, 1 1/2 oz. lean turkey 1/2 cup romaine lettuce n fresh tomato With light ranch dressing, 1/4 cup fresh grapes , 1/4 cup edamame, 3/4 cup nonfat milk <u>Snack</u> 1 serving of Graham Crackers(2 crackers) 1/2 cup of apples</p>	<p style="text-align: right;">16</p> <p><u>Breakfast</u> 1/2 cup peach halves 1/2 slice whole wheat toast with 1 boiled egg, 3/4 cup nonfat milk <u>Lunch</u> 1 serving of a whole wheat quesadilla with 1oz. cheddar cheese and 1/2 oz. shredded chicken , 1/2 cup steamed broccoli and cauliflower, 1/4 cup pear halves 3/4 cup nonfat milk <u>Snack</u> 1 banana muffin 1/4 cup of fresh raspberries</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">President's Holiday HOLIDAY~BIHS CLOSED TODAY</p>

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<p style="text-align: right;">20</p> <p>President's Holiday HOLIDAY~BIHS CLOSED TODAY</p> 	<p style="text-align: right;">21</p> <p><u>Breakfast</u> 1/2 cup fresh blueberries 1/3 cup unsweetened cereal variety 3/4 cup non-fat milk</p> <p><u>Lunch</u> 1 1/2 oz. Fish Sticks 1/4 cup of peas and corn 1/2 cup orange slices 1/2 serving brown rice 3/4 cup non-fat milk</p> <p><u>Snack</u> 1/2 cup of peaches Nabisco Nilla wafers (5)</p>	<p style="text-align: right;">22</p> <p><u>Breakfast</u> 1/2 cup applesauce 1/2 whole wheat waffles 3/4 cup non-fat milk</p> <p><u>Lunch</u> 1 1/2 oz. sliced turkey breast on 1/2 serving whole wheat bread w/ tsp light cranberry mayonnaise and a 1 slice romaine lettuce ; 1/2 cup zucchini and carrot sticks ; 1/2 cup orange slices 3/4 cup non-fat milk</p> <p><u>Snack</u> 1/2 serving of a soft pretzel 2 oz. of Hummus</p>	<p style="text-align: right;">23</p> <p><u>Breakfast</u> 1/2 cup Canned Peaches 1/4 cup of Cream of Wheat 3/4 cup non-fat milk</p> <p><u>Lunch</u> Macaroni and Cheese : ham-1/2 oz. meat, Velveeta Cheese 1 oz. 1/2 cup Winter Squash, 1/2 cup sliced oranges 3/4 cup nonfat milk</p> <p><u>Snack</u> 1/2 cup of apples 1/2 oz. graham crackers (2 crackers)</p>	<p style="text-align: right;">24</p> <p><u>Breakfast</u> 1/2 cup fresh banana slices 1/2 Serving of Blueberry Muffins Squares, 3/4 cup non-fat milk (Lactaid Milk)</p> <p><u>Lunch</u> Beef stir fry (1 1/2 oz. cooked lean hamburger meat, 1/2 cup of carrots, onions, snow peas) 1/4 cup brown rice 1/2cup fresh pineapple 3/4 cup nonfat milk</p> <p><u>Snack</u> 2 oz. low fat yogurt 1/2 cup of Banana</p>
<p style="text-align: right;">27</p> <p><u>Breakfast</u> 1/2 cup applesauce 1/2 serving of whole wheat pancakes 3/4 cup nonfat milk</p> <p><u>Lunch</u> Asian Chicken Salad(1 1/2 oz. chicken, mix of romaine, cabbage, and kale salad mix) 1/4 cup cooked carrots 1/4 cup Mandarin Oranges 3/4 cup nonfat milk</p> <p><u>Snack</u> 1/2 oz. wheat crackers (4 crackers) with a 1/2 cup of peaches</p>	<p style="text-align: right;">28</p> <p><u>Breakfast</u> 1/2 cup sliced fresh bananas 1/2 toasted whole grain unsweetened cereal; 3/4 cup nonfat milk</p> <p><u>Lunch</u> 1 soft chicken taco with 1 1/2 oz. chicken, 1/4 cup diced tomato and shredded romaine, 1Tbsp. grated cheese and 1 Tbsp. salsa, 1 Whole Wheat tortilla 1/4 cup lightly steamed carrot sticks 1/4 cup pineapple chunks 3/4 cup nonfat milk</p> <p><u>Snack</u> 1/2 oz. Cheddar Cheese Cubes; 1/2 cup sliced apples</p>	<p style="text-align: center;"><i>Paya is available at all times through out the day!</i></p> 		
<p><i>Creative play is like a spring that bubbles up from deep within a child. ~Joan Almon</i></p> <p><i>Children make your life important. ~Erma Bombeck</i></p>				