

Meal Prices

Breakfast		Lunch	
Grades K-5	\$1.55	Grades K-5	\$2.75
Grades 6-12	\$1.55	Grades 6-12	\$2.75
Adult	\$2.75	Adult	\$3.50
Extra Milk	\$0.45	Extra Milk	\$0.45
Adult Milk	\$0.45	Adult Milk	\$0.45
Sack Lunch Milk \$0.45			

April 2017

Beresford Middle High School Breakfast & Lunch Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Cheesy Eggs & Toast 3

- A. Tater Tot Hotdish w/Bread
- B. Cheese Pizza
- C. Ham & Cheese Sub

Peas

Sausage & Cheese Biscuit 4

- A. Chili w/Corn Chips
- B. Chicken Nuggets
- C. Cold Cut Sub

Cinnamon Roll
Corn

Glazed Donut 5

- A. Chicken & Noodles w/Bread
- B. Cheeseburger
- C. Trio Meat & Cheese Sub

Carrots

Breakfast Sliders 6

- A. Nachos Grande
- B. Meatballs w/Gravy
- C. Egg Salad Sub

A&B: Rice
Corn

Dutch Waffle 7

- A. Grilled Cheese Sandwich
- B. Chicken Wrap
- C. Turkey & Cheese Sub

Tomato Soup

Egg & Cheese Biscuit 10

- A. Goulash w/Bread
- B. Mini Corn Dogs
- C. Ham & Cheese Sub

Peas

Cinnamon Roll 11

- A. Country Beef Fritter
- B. Chicken Nuggets
- C. Cold Cut Sub

Ice Cream
A&B: Bread
Mashed Potatoes w/Gravy

Cheesy Eggs & Toast 12

- A. Italian Dunker
- B. BBQ Meatball Sub
- C. Roast Beef & Cheese Sub

Carrots

French Toast Sticks 13

- A. Beef & Cheese Burrito
- B. Crispy Chicken Sandwich
- C. Egg Salad Sub

Corn

No School 14



17

No School

Long John Donut 18

- A. Cheesy Scrambled Eggs w/French Toast Sticks
- B. Turkey & Cheese Sub

Tater Tots

Waffles 19

- A. Italian Pasta Bake w/Garlic Toast
- *New "B" Item*
- B. Bosco Cheese Bread Sticks
- C. Trio Meat & Cheese Sub

Carrots

Sausage Pancake Stick 20

- A. Italian Meatball Sub
- B. Hot Dog on Bun
- C. Egg Salad Sub

Green Beans

Long John Donut 21

- A. Doritos Walking Taco w/Rice
- B. Pork Rib Sandwich
- C. Turkey & Cheese Sub

Mixed Vegetables

Cheesy Eggs & Toast 24

- A. Chicken Fajitas
- B. Cheeseburger
- C. Ham & Cheese Sub

Green Beans

Glazed Donut 25

- A. Grilled Turkey Bacon Swiss
- B. Crispy Chicken Sandwich
- C. Cold Cut Sub

Baked Beans

Breakfast Sliders 26

- A. Macaroni & Cheese w/Bread
- B. Corn Dog
- C. Roast Beef & Cheese Sub

Peas

Breakfast Pizza 27

- *New "A" Item
- A. Meat & Cheese Calzone
- B. Taco Quesadillas
- C. Egg Salad Sub

Carrots

Waffles 28

- A. Ham & Scalloped Potatoes w/Bread
- B. Pepperoni Pizza
- C. Turkey & Cheese Wrap

Corn



Are You Hungry...All Lunch Meals Include a Nutrient Packed Fruit and Vegetable Bar.

Eat Your 5 servings Everyday!



Be a Food Label Detective: Make Sure to Choose Whole Grain



Look for "100% Whole Grain or Wheat" on packages of food like bread, cereal, and pasta.

Dairy Benefits:

- Brain Development
- Strong Bones/Teeth
- Sports Recovery
- Disease Prevention
- Maintain Strong Muscles & Bones



For more info visit: www.midwestdairy.com

Breakfast Choices Offered Daily:

- 100% Juice or Fruit
- Breakfast Entrée
- Cereal & Bread/Toast
- Low-Fat, Skim Strawberry & Skim Chocolate Milk

Lunch Choices Offered Daily:

- Choice of 3 Entrees
- Vegetarian Option (Grades 6-12)
- Fruit & Vegetable Bar
- Low-Fat, Skim Strawberry & Skim Chocolate Milk

Vegetarian Entrees Available (Grades 6-12):

- Monday - Wednesday : Vegetarian Salad with Egg & Cheese
- Thursday : Cottage Cheese
- Friday : Yogurt & String Cheese
- All Vegetarian Entrees Served with Grain/Bread Components



CBM is an equal opportunity provider and employer.