

March 2017

Beresford Middle High School

Breakfast & Lunch Menu



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			

Monday

Tuesday

Wednesday

Thursday

Friday

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.

Glazed Donut 1

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

* Ash Wednesday *

Tomato Soup

Breakfast Sliders 2

- A. Chicken & Noodles
w/Bread
- B. Cheeseburger
- C. Egg Salad Sub

Carrots

No School

Breakfast Pizza 6

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

Green Beans

Cheesy Eggs & Toast 7

- A. Goulash w/Bread
- B. Mini Corn Dogs
- C. Cold Cut Sub

Peas

French Toast Sticks 8

- A. Super Mexi Tots
w/Bread
- B. Chicken Wrap
- C. Italian Sub

Carrots

Egg & Cheese Biscuit 9

- A. Beef Soft Shell Tacos
- B. Chicken Sticks
w/Tortilla Chips
- C. Egg Salad Sub

Corn

Waffles 10

- A. Tex Mex Mac & Cheese
w/Bread
- B. * New Entrée *
Big Daddy Cheese Pizza
- C. Turkey & Cheese Sub
Mixed Vegetables

Pancakes 13

- A. Pulled Pork Sandwich
- B. Taco Fiestada Pizza
- C. Turkey & Cheese Sub

Peas

Cinnamon Roll 14

- A. Tater Tot Hotdish
w/Bread
- B. Taco Quesadillas
- C. Turkey & Cheese Wrap

Green Beans

Sausage Pancake Stick 15

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

Baked Fries

No School

No School

Breakfast Pizza 20

- A. Italian Pasta Bake
w/Breadstick
- B. Cheeseburger
- C. Ham & Cheese Sub

Green Beans

Cheesy Eggs & Toast 21

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

Baked Beans

Dutch Waffle 22

- A. Ham & Scalloped Potatoes
w/Bread
- B. * New Entrée *
Stuffed Crust Pepperoni Pizza
- C. Turkey & Cheese Wrap

Green Beans

Sausage & Cheese Biscuit 23

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

Carrots

French Toast Sticks 24

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

Peas

Pancakes 27

- A. Turkey & Gravy
- B. Chicken Nuggets
- C. Ham & Cheese Sub

A&B: Bread
Mashed Potatoes w/Gravy

Cinnamon Roll 28

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

Corn

Sausage Pancake Stick 29

- A. Spaghetti w/Meat Sauce
w/Garlic Toast
- B. Chicken Wrap
- C. Italian Sub

Green Beans

Long John Donut 30

- A. Sloppy Joe
- B. Hot Dog on Bun
- C. Egg Salad Sub

Baked Fries

Breakfast Pizza 31

- A. Italian Dunker w/Sauce
- B. BBQ Meatball Sub
- C. Cold Cut Sub

Carrots

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

