|  | Bellefontaine Middle School Lunch Menumenus - subject to change |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  |  |  |  | BBQ Beef Rib on Bun Tator Tots Carrots / Cherry Tomatoes Fruit Choice of Milk | 2 <br> Breaded Chicken on Bun or Mozzarella Cheese Sticks Marinara Sauce Peas / Fresh Veggies Fruit Choice of Milk |
| LUNCH INCLUDES <br> Entrée <br> 2 Vegetables / 1 Fruit Choice of Milk <br> IN PLACE OF ENTRÉE <br> Tuesday - Pizza | 5 Chicken Sticks <br>  Dinner Roll <br> Mashed Sweet Potatoes  <br> Salad Blend  <br> Fruit  <br> Choice of Milk  | 6 <br> Hamburger/Cheese on Bun Baked Beans Fresh Veggies Jello with Fruit /Topping Choice of Milk |  | 8 <br> Garlic Cheesy Bread Green Beans Carrots / Cucumber Slices Orange Wedges Choice of Milk | Fish Wedge on Bun or BBQ Shredded Pork on Bun Broccoli / Cheese Sauce Fresh Veggies Fruit Choice of Milk |
| Wednesday - Cook's Choice Thursday - Pizza <br> FRUIT <br> Fruit of the Day, Fresh Fruit or $100 \%$ Fruit Juice | 12  <br>  NO <br>  SCHOOL | $\begin{array}{\|l} 13 \\ \text { Breaded Chicken on Bun } \\ \text { Potato Wedges } \\ \text { Fresh Broccoli } \\ \text { Fruit } \\ \\ \text { Choice of Milk } \end{array}$ | 14Cheese Quesadilla <br> California Blend <br> Fresh Veggies <br> Fruit <br>  <br> Choice of Milk | 15 <br> Chicken Wrap <br> tortilla wrap / chicken / cheese <br> Steamed Carrots <br> Salad Blend Fruit <br> Choice of Milk | 16 <br> Hamburger/Cheese on Bun or Hot Dog on Bun French Fries Fresh Veggies Fruit Choice of Milk |
| MILK <br> Chocolate FF or White \% <br> Free \& Reduced Price Meal Applications <br> May be submitted anytime. <br> Applications available in | 19  <br>  NO <br>  SCHOOL | Ham \& Cheese Calzone Peas Salad Blend Jello with Fruit /Topping Choice of Milk | 21 Soft Taco <br>  tortilla wrap / meat / cheese <br>  Refried Beans <br>  Salad Blend <br> Fruit  <br>  Choice of Milk | $\begin{array}{\|c}  \\ \\ \\ \text { Breaded Chicken on Bun } \\ \text { Broccoli / Cheese Sauce } \\ \text { Carrots / Celery Sticks } \\ \text { Fruit } \\ \text { Choice of Milk } \end{array}$ | 23 <br> Cheese Filled Breadsticks Marinara Sauce or BBQ Beef Rib on Bun Sweet Potato Wedges Fresh Veggies / Fruit Choice of Milk |
| Final Forms, school office, <br> BCS website or <br> call $593-9060$ ext. 3309 <br> If application is approved <br> "school fees" may be waived | 26 Mini Corn Dogs <br>  Steamed Carrots <br> Fresh Veggies  <br>  Fruit <br> Choice of Milk  | 27  <br>  Chieftain Bowl <br>  Dinner Roll <br>  Fresh Broccoli <br>  Pineapple <br>  Choice of Milk | 28 <br> Crazy Taco <br> tostitos chips / meat / cheese Graham Crackers Corn / Salad Blend Fruit Choice of Milk | 29 <br> Hamburger/Cheese on Bun Baked Beans Cucumber Slices / Carrots Fruit Choice of Milk |  |
| " BREAKFAST " | Weekly Breakfast Menu |  |  |  |  |
|  | Monday Tuesday |  | Wednesday | Thursday | Friday |
| Serving: 7:05am - 7:20am <br> Free to All Students <br> You May Choose 2 Fruits | Mini Pancakes or Mini Waffles Assorted Fruit Choice of Milk | Cinnamon Bun <br> or Muffin <br> Assorted Fruit <br> Choice of Milk | Cook's Choice Assorted Fruit Choice of Milk | Mini Cinnis or Cereal Bar / String Cheese Assorted Fruit Choice of Milk | Pop Tart or Mini Pancakes Assorted Fruit Choice of Milk |

