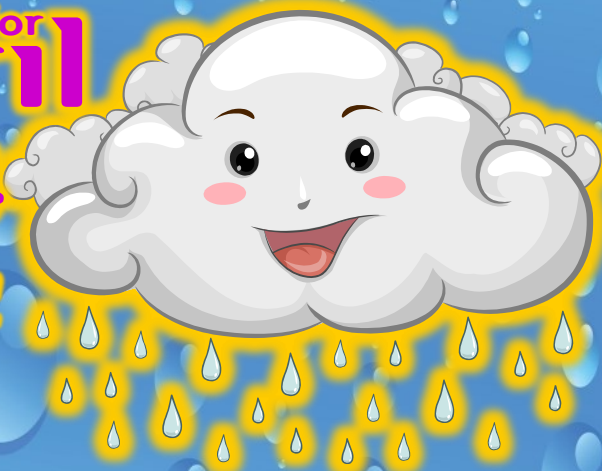


Menus for April 2024

Byron Bergen Junior-Senior High School



This institution is an equal opportunity provider. Menus are subject to change.

DON'T 4GET!

To make a lunch, choose at least one



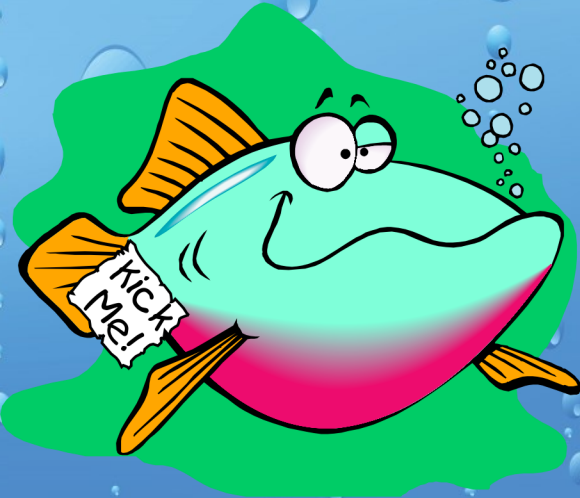
or



and 3-5 items total

Byron Bergen Central School District

April FISH?



In France, April Fool's Day is called "April Fish Day," and the person you play a prank on is called the "poisson d'Avril" -- THE APRIL FISH!. No, really, it's true!

| Monday, April 8 | Tuesday, April 9 | Wednesday, April 10 | Thursday, April 11 | Friday, April 12 |
|--|---|---|---|---|
| <p>Eclipse Day!!! Get outside and Watch the Eclipse with special glasses</p> | <p>Breakfast Cereal & Cheese Stick</p> <p>Lunch Build a Burger on Bun Lettuce, Tomato, Cheese</p> <p>Pizza Line</p> <p>Sweet Potato Fries Baked Beans Fruit</p> | <p>Breakfast Homemade Muffins</p> <p>Lunch Grilled Cheese Sandwich</p> <p>Sub Line</p> <p>Tomato Soup & Fish Crackers Potato Smiles Fruit</p> | <p>Breakfast Breakfast Pizza</p> <p>Lunch Italian Dunkers, Dip</p> <p>Sub Line</p> <p>Green Beans Romaine Salad Fruit</p> | <p>Breakfast Bagel & Cream Cheese</p> <p>Lunch Pork chop, Roll</p> <p>Pizza Line</p> <p>Spinach Cheesy Potatoes Fruit</p> |
| Monday, April 15 | Tuesday, April 16 | Wednesday, April 17 | Thursday, April 18 | Friday, April 19 |
| <p>Breakfast Cereal & Breakfast Bar</p> <p>Lunch Chicken Tenders & Roll Garlic/Parm Noodles</p> <p>Pizza Line</p> <p>Spinach Salad Carrots Fruit</p> | <p>Breakfast Breakfast Burrito</p> <p>Lunch Loaded Nachos Seasoned Rice</p> <p>Sub Line</p> <p>Romaine, Tomatoes, Cheese Corn Black Bean Salsa Fruit</p> | <p>Breakfast Muffin & Cheese stick</p> <p>Lunch Macaroni & Cheese, Roll</p> <p>Pizza Line</p> <p>Roasted Zucchini Peas Fruit</p> | <p>Breakfast Pancakes</p> <p>Lunch Variety Pizza day</p> <p>Sub Line</p> <p>Romaine & Tomato Salad Corn Fruit</p> | <p>Breakfast Bagel & Cream Cheese</p> <p>Lunch Turkey & Gravy, Roll</p> <p>Pizza Line</p> <p>Mashed Potatoes Squash Fruit</p> |



First things First

Choose at least **ONE** serving of **FRUIT** and at least **THREE** items **TOTAL** so your meal counts as a **Complete Breakfast!**

BREAKFAST@SCHOOL

For first-class learning!

eat fit

wanna stay fit?
gotta eat right!



Monday, April 22

Breakfast
Cereal & Cheese Stick

Lunch
BBQ Rib on Bun
Lettuce, Tomato, Cheese

Pizza Line

French Fries
Baked Beans
Fruit

Tuesday, April 23

Breakfast
Breakfast Sandwich

Lunch
Orange Chicken & Roll
Seasoned Rice

Sub Line

Carrots
Spinach
Fruit

Wednesday, April 24

Breakfast
Homemade Muffin

Lunch
Mozzarella Sticks, Dip
Vegetable Pasta Salad

Pizza Line

Broccoli Salad
Celery Sticks & Dip
Fruit

Thursday, April 25

Breakfast
Yogurt Parfait & Grahams

Lunch
Breakfast for Lunch
French Toast, Sausage, Egg

Sub Line

Fruit Juice
Hash Browns
Fruit

Friday, April 26

Breakfast
Bagel & Cream Cheese

Lunch
Chicken & Gravy, Roll

Pizza Line

Mashed Potato
Squash
Fruit

tip: These numbers are for a small whole-grain sub roll, 3 ounces of turkey, 1 oz. of cheese (about one slice), lettuce, tomato, onion, and a tablespoon of mayo. Without cheese, subtract 110 calories and 5g of saturated fat. Hold the mayo (or use mustard) to save another 100 calories and 1.5g sat fat.



Monday, April 29

Breakfast
Cereal & Yogurt

Lunch
Pulled Pork Sliders

Pizza Line

Potato Salad
Green Beans
Fruit

Tuesday, April 30

Breakfast
Breakfast Wrap

Lunch
Chicken Patty on Bun
Lettuce, Tomato, Cheese

Sub Line

Sweet Potato Fries
Corn
Fruit

Available Daily

Fruit Choices at all Meals
Milk Choices at all Meals

Please use Myschoolbucks.com & Myschoolapps.com

Tell us of any Allergies you may have

The weather is getting warmer have fun Outside
Earth Day is April 22nd

