

Menus for

April 2024

**BEA MS/HS
MENU**

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



Available Daily

Milk Choice:

Fat Free Reduced White & Chocolate

PBJ Sandwich

Grab N' Go Salad– Varies Weekly

Featured Deli Sandwich– Varies Weekly

Breakfast Includes:

2 Featured Options Daily

Grain Item, 1/2 Cup Fruit, Fruit Juice, Milk

****Students must select a fruit and/or juice to qualify for a free breakfast.**

Laura Frye, Food Service Director

Laura.frye@beasd.net or 814.355.4868 ext. 1143

Featured Specials of the Day

**Monday, April 1
NO SCHOOL**

Tuesday, April 2

Chicken & Cheese Quesadilla
Steamed Rice Golden Corn Niblets
Sweet Green Peas-thawed Fruit Choice

Wednesday, April 3

Meatball Sub
TaterTots
Fresh Veggie Choice Fruit Choice

Thursday, April 4

Popcorn Chicken Mac & Cheese Topper
Macaroni & Cheese w/ Biscuit
Green Beans Fresh Veggie Choice
Fruit Choice

Friday, April 5

BBQ Rib Sandwich
Fry Day
Fresh Veggie Choice Fruit Choice

Monday, April 8

Early Dismissal Solar Eclipse
Turkey and Cheese Sandwich
Chips

Fresh Veggie Choice Fruit choice

Tuesday, April 9

Asian Inspired Chicken & Rice
Vegetable Egg Roll Steamy Broccoli
Fresh Veggie Choice Fruit Choice

Wednesday, April 10

Big Daddy Pizza
Golden Corn Niblets
Fresh Veggie Choice Fruit Choice

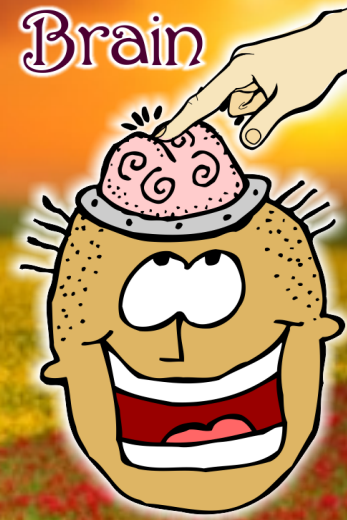
Thursday, April 11

Homestyle Breaded Chicken Tenders & Roll
Garlic Butter Noodles Peas & Carrots
Fresh Veggie Choice Fruit Choice

Friday, April 12

Cheesesteak Hoagie
Fry Day
Fresh Veggie Choice Fruit Choice

Brain Ticklers



Where do
baseball
teams get
their new
uniforms?

(Hold the page upside down and read it in a mirror for the answer!)

from Joleenif

WORLD'S GREATEST APRIL FOOL'S TRICKS!

On the morning of April 1, 1974, citizens of Sitka,

Alaska awoke to find Mount Edgecumbe, the long-dormant volcano that looms over their town, belching black smoke! *Was the volcano suddenly coming to life?!*

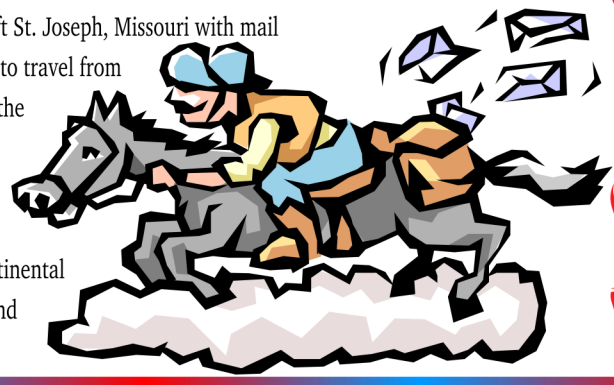


NO!!! A local prankster and his buddies had helicoptered a bunch of old tires into the crater and then set them ablaze. When a Coast Guard plane flew over the smoldering cauldron, the pilot saw the words "APRIL FOOL!" stamped out in the snow!

See the other side for more all-time great pranks!

OUR NATION'S HISTORY

The Pony Express debuted on April 3, 1860 when a rider left St. Joseph, Missouri with mail destined for Sacramento, California. Previously, mail had to travel from the East to the Golden State by slow stagecoaches, or by boat all the way around South America. But by swapping horses every 10 miles, changing riders every 100, and riding 24 hours a day, non-stop, the Pony Express could deliver the mail in just 10 days! The operation didn't last long – soon enough, the transcontinental telegraph could deliver short messages almost instantaneously, and larger mail could be transported cross-country by train.



WITH LIBERTY & JUSTICE FOR ALL

eat fit

wanna stay fit?
gotta eat right!



item: turkey sandwich
verdict: gobble

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.

FIT METER

528 CALORIES 8.1 SAT FAT GRAMS 5.8 FIBER GRAMS

Teens should eat 1800-3200 calories a day, depending on gender and activity level. Shoot for fewer than 22g of sat fat and at least 20-25g of fiber a day.

Featured Specials of the Day

Monday, April 15
Beef & Cheese Nachos Grande
Corn & Black Bean Salsa
Fresh Veggie Choice Fruit Choice
Fruit Churro

Tuesday, April 16
Italian Wedge Panini & Marinara Dipping Sauce
Potato Smile
Fresh Veggie Choice Fruit Choice

Wednesday, April 17
Turkey, Bacon & Cheese Wrap
Potato Wedges
Fresh Veggie Choice Fruit Choice

Thursday, April 18
Spaghetti & Meat sauce w/ Breadstick
Green Beans
Fresh Veggie Choice Fruit Choice

Friday, April 19
Homestyle or Spicy Chicken Sandwich
Fry Day
Fresh Veggie Choice Fruit Choice

Please see the other page for items available daily

Featured Specials of the Day

Monday, April 22
BBQ Pulled Pork Sandwich
Tater Tots
Fresh Veggie Choice Fruit Choice

Tuesday, April 23
National Picnic Day
Cheeseburger on Bun
Pasta Primavera Salad Baked Beans
Fresh Veggie Choice Fruit Choice

Frozen Treat

Wednesday, April 24
Big Daddy Pizza
Steamy Broccoli
Fresh Veggie Choice Fruit Choice

Thursday, April 25
Popcorn Chicken Bowl & Roll
Mashed Potatoes & Gravy Corn Niblets
Fresh Veggie Choice Fruit Choice

Friday, April 26
Ham & Cheese On Pretzel Bun
Fry Day
Fresh Veggie Choice Fruit Choice

Monday, April 29
Asian Inspired Chicken & Rice
Vegetable Egg Roll Steamy Broccoli
Fresh Veggie Choice Fruit Choice

Tuesday, April 30
Cook's Choice Entrée
Cook's Choice Vegetable
Fresh Veggie Choice Fruit Choice

EARTH DAY APRIL 22