

# Summer 2022 Menu

Lunch includes a choice of 5 components: meat/meat alternate, grain, fruit, vegetable and milk. Children must take 3 including a fruit/vegetable. Children may choose all 5 if they would like.

## MEAL PRICING:

Adult Breakfast Price \$3  
 Adult Lunch Price \$5  
 Breakfast 7:30-8:30 a.m.  
 Lunch 11:00 a.m.-12:00 p.m.

## LUNCH Menu

## Summer 2022

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Hot Dog with Chili and Cheese Fritos Hot Veg	Taco Tuesday with salsa, sour cream, and taco sauce Rice and Beans	Chicken Sandwich or Hamburger Waffle Fries Hot Veg	Tyson Mega Minis Mashed Potatoes w/Gravy Dinner Roll Green Beans	Pizza Day Corn
<b>2</b>	Corn Dog Potato Wedges Hot Veg	Taco Tuesday with salsa, sour cream, and taco sauce Rice and Beans	Pulled Pork or Chicken Sandwich Waffle Fries Hot Veg	Gold Creek Chicken Tenders Waffle Fries Hot Veg	Pizza Day Corn

## OTHER DAILY SELECTIONS:

### ENTREES

Uncrustable PB&J  
 Turkey Sub

Offer 3 Fresh Fruits Daily: may include Apples, Oranges, Bananas, Strawberries, Grapes, Pears, Kiwi, Melons, Peaches, Applesauce

Salad Bar

1% Milk and 1% Chocolate Milk



## Breakfast: Served Daily

- Yogurt Bar with Fresh Fruit and Granola
- Breakfast Biscuit(Chix, Sausage, BEC, SEC, EC, etc.)
- Assorted Cereal and Dry Breakfast
- Each entrée served with fruit, 100% juice and milk

## NUTRITION BITES:

- Make fruit more appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations.<sup>1</sup>
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.<sup>2</sup>

Bowling Green Independent Schools offers free meals for children Monday - Friday, May 23 - August 5 (**closed Memorial Day, May 30 and July 4th**). Any child 18 years and younger may receive a free meal regardless of where they attend school. Children must be present and meals must be eaten on site.