



Boyle County High School

This institution is an equal opportunity provider.



Nutrition Tip: March is National Nutrition Month! To celebrate try getting more creative in the kitchen and trying a new recipe or cuisine you haven't had before.

References: Academy of Nutrition & Dietetics

Monday

General Tso's Chicken w/Rice, Garlic Toast & Stir Fried Veg; Chickcen Tenders w/Mashed Potatoes & Roll; Salisbury Steak w/Mashed Potatoes & Roll; Caesar Salad, Peas, Carrot Sticks & Sliced Cucumbers, Pineapple, & Slushie. **2**

Pork Chopette w/Gravy & Roll; Spicy Chicken Tenders w/Roll; Lasagna w/Spinach & Twisted Breadstick; Mashed Potatoes, Pinto Beans, Caesar Salad & Sliced Peaches. **9**

Fajita Wrap w/Rice; Pizza Boscoss Sticks w/Corn; Chicken Noodle Soup w/Grilled Cheese; Roasted Squash Medley, Cherry Tomatoes & Broccoli, Pineapple & Sliced Pears. **16**

General Tso's Chicken w/Rice, Garlic Toast & Stir Fried Veg; Chickcen Tenders w/Mashed Potatoes & Roll; Salisbury Steak w/Mashed Potatoes & Roll; Caesar Salad, Peas, Carrot Sticks & Sliced Cucumbers, Pineapple, & Slushie. **23**

Chopette w/Gravy & Roll; Spicy Chicken Tenders w/Roll; Lasagna w/Spinach & Twisted Breadstick; Mashed Potatoes, Pinto Beans, Caesar Salad & Sliced Peaches. **30**

Tuesday

Quesadilla w/Salsa, Sour Cream & Fixin's; Rebel Breakfast Special; Baked Ravioli w/Spinach; Cobb Salad, Fresh Pepper Slices, Pineapple Mandarin Orange Salad & Baked Apples. **3**

4x6 Pizza; Dilly or Grilled Chicken w/Tzatziki Sauce, Sweet Potato Fries & Coleslaw; Enchiladas w/Rice, Refried Beans, Fixin's and Queso; Golden Corn, Roasted Broccoli, Fresh Pepper Strips, Orange Wedges & Baked Apples. **10**

Spicy Buffalo Chicken Pizza; Taco Bar w/Rice, Refried Beans, Queso & Fixin's; Mandarin Orange Chicken w/Rice & Garlic Toast; Corn, Greek Salad, Caesar Salad, Sliced Oranges, & Sliced Peaches. **17**

Quesadilla w/Salsa, Sour Cream & Fixin's; Rebel Breakfast Special; Baked Ravioli w/Spinach; Cobb Salad, Fresh Pepper Slices, Pineapple Mandarin Orange Salad & Baked Apples. **24**

4x6 Pizza; Dilly or Grilled Chicken w/Tzatziki Sauce, Sweet Potato Fries & Coleslaw; Enchiladas w/Rice, Refried Beans, Fixin's and Queso; Golden Corn, Roasted Broccoli, Fresh Pepper Strips, Orange Wedges & Baked Apples. **31**

Wednesday

Spicy Chicken Tenders w/Mashed Potatoes & Roll; Calzones w/Italian Blend Vegetables; Meatball Subs w/Rosemary Potatoes; Sweet Potato Cubes, Pinto Beans, Broccoli, Orange Wedges & Strawberry Cup. **4**

Taco Soup w/Grilled Cheese; Calzones w/Crispy Potato Cubes; Cheeseburger w/Coleslaw and Fixin's; Green Beans, Cherry Tomatoes & Snap Peas, Grapes & Strawberry Cup. **11**

Chicken Nuggets w/Mashed Potatoes & Roll; Chicken Fajita Bar w/Rice, Peppers & Onions, Queso & Fixin's; Roasted Broccoli, Sweet Potato Cubes, Carrot Sticks & Celery Sticks, Tropical Fruit Salad & Slushie. **18**

Spicy Chicken Tenders w/Mashed Potatoes & Roll; Calzones w/Italian Blend Vegetables; Meatball Subs w/Rosemary Potatoes; Sweet Potato Cubes, Pinto Beans, Broccoli, Orange Wedges & Strawberry Cup. **25**

Thursday

Chili w/Grilled Cheese; Little Caesar's Pizza w/Crispy Cubes, Green Beans & Golden Corn; Cheeseburger w/Potato Wedges, Green Beans & Corn; Sliced Peaches & Applesauce. **5**

Bone-In Wings w/Celery Sticks, Pita Bread Wedges & Baked Potato Bar; Boscoss Sticks; Philly Beef Steak w/Roasted Peppers & Onions & Queso; Green Beans, Cheesy Cauliflower, Cobb Salad, Sliced Pears & Slushie. **12**

Corn Dog w/Potato Wedges & Best Ever Baked Beans; Rebel Bacon Cheeseburger w/Potato Wedges, Coleslaw & Fixin's; Sliced Cucumbers, Fresh Fruit & Peach Cup. **19**

Chili w/Grilled Cheese; Little Caesar's Pizza w/Crispy Cubes, Green Beans & Golden Corn; Cheeseburger w/Potato Wedges, Green Beans & Corn; Sliced Peaches & Applesauce. **26**

Friday

Dilly or Grilled Chicken w/Sweet Potato Fries & Coleslaw; Taco Bar w/Rice, Refried & Black Beans, Tortilla or Tortilla Chips & Queso; Beef Manhattan w/Mashed Potatoes Gravy & Texas Toast; Caesar Salad, Roasted Broccoli Fresh Grapes & Cookie. **6**

Chicken Smackers w/Mashed Potatoes & Roll; Street Tacos (Sous Vide Beef & Chicken) w/Rice, Refried & Black Beans, Tortilla or Tortilla Chips & Queso; Hot Dog w/Pasta Salad; Corn, Italian Blend Veg, Pineapple & Mandarin Orange Salad & Banana. **13**

Chicken Parmesan w/Garlic Knot & Spaghetti; S&F Pizza; Grilled or Spicy Chicken w/Baby Bakers; Corn, Broccoli, Sweet Pepper Strips, Pineapple & Mandarin Orange Salad, Applesauce & Banana Pudding. **20**

Dilly Chicken or Grilled Chicken w/Sweet Potato Fries & Coleslaw; Taco Bar w/Rice, Refried & Black Beans, Tortilla or Tortilla Chips & Queso; Beef Manhattan w/Mashed Potatoes Gravy & Texas Toast; Caesar Salad, Roasted Broccoli Fresh Grapes & Cookie. **27**

Milk Varieties and Orange Juice Offered Daily.

Lenten Options Available Upon Request on Fridays.



BOYLE COUNTY HIGH SCHOOL

REBEL CAFÉ

MEAL PRICING:

Breakfast Full Price	\$1.50
Reduced Breakfast Price	\$0.30
Breakfast Entrée	\$1.00

BREAKFAST Menu

January-May 2020

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<ul style="list-style-type: none"> Cinnamon Roll Cheese Crunchers Strawberry Bagel Mandarin Oranges 	<ul style="list-style-type: none"> Bacon, Egg, Cheese Bagel Chocolate Muffins (2) Cinnamon Bagel Grapes 	<ul style="list-style-type: none"> S&F Cheesy Bread Chicken & Waffles Sandwich Chocolate Muffins (2) Mandarin Oranges 	<ul style="list-style-type: none"> Chicken Biscuit Snowy Gems Strawberry Pretzel Parfait Strawberries 	<ul style="list-style-type: none"> Rebel Breakfast Special Pancake Wrap Snowy Gems Pineapple or Banana
2	<ul style="list-style-type: none"> Coyote Grill Quesadilla Strawberry Bagel Stick Cheesy Bread Blueberry Muffins (2) Mandarin Oranges 	<ul style="list-style-type: none"> Bacon, Egg & Cheese Bagel Oatmeal Bar Cinnamon Apple Toast Grapes 	<ul style="list-style-type: none"> Egg & Cheese Burrito Muffin Variety (2) Funnel Cake Mandarin Oranges 	<ul style="list-style-type: none"> Cheese Crunchers Muffin Variety (2) Chunky Monkey Parfait Strawberries 	<ul style="list-style-type: none"> Rebel Breakfast Special Cinnamon Bagel Stick Pancake Wrap Pineapple or Banana
3	<ul style="list-style-type: none"> Bacon Boat Strawberry Bagel Stick Cheesy Bread Blueberry Muffins (2) Mandarin Oranges 	<ul style="list-style-type: none"> Chicken Biscuit Blueberry Muffins (2) Cheese Crunchers Grapes 	<ul style="list-style-type: none"> Bacon, Egg & Cheese Bagel Cinnamon Bagel Stick Cocoa Gems Mandarin Oranges 	<ul style="list-style-type: none"> French Toast Sticks Fernando Wrap Cocoa Gems Strawberries 	<ul style="list-style-type: none"> Rebel Breakfast Special Funnel Cake Cocoa Gems Pineapple or Banana

DAILY PICK TWO VARIETY INCLUDES:

- Lucky Charms
- Coco Puffs
- Cinnamon Toast Crunch
- CheX Mix Variety
- Pop-Tart Variety
- Nutri-Grain Bar Variety
- Rice Krispy Bar
- Zees Cocoa Cherry Bar
- Goldfish
- Cheese Its
- Cheese Sticks
- Yogurt Cup

DRINKS

- 100% Juice Variety
- Milk Variety

NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19¹
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal²

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30	31					

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan

1. 2015-2020 Dietary Guidelines for Americans
 2. USDA. MyPlate.gov. <http://www.myplate.gov>.

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