

JUNE | 2022

Bear Lake Middle/High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|---|--|---|--|---|
| 30 | 31 | 1 Breakfast Cherry Frudel Lunch Tangerine Chicken, Rice, Stir Fry Veggies, Pineapple OR Ham & Cheese Pretzel Combo | 2 Breakfast Smoothie & Muffin Lunch Cheeseburger, Ranch Potatoes, Peaches OR Chicken Fajita Wrap, Apple Bosco | 3 Breakfast Bagels & Cream Cheese Lunch Garlic Cheese French Bread Pizza Pears OR Sandy Peach Yogurt Parfait, Blueberry Muffin |
| 6 Breakfast Donuts Lunch French Toast, Sausage, Hash Browns, Grapes OR Chef Salad, Garlic Breadstick | 7 Breakfast Breakfast Pizza Lunch Soft Tacos, Street Corn, Pineapple, Tostitos OR Turkey & Cheese Croissant, Chex Mix | 8 Breakfast Confetti Pancakes Lunch Chicken & Waffles, Green Beans, Fruit Slush Cup OR Ham & Cheese Pretzel Combo | 9 Breakfast Breakfast Sandwich Lunch Beef & Cheddar Melt, Curly Fries, Mixed Fruit OR Fruit Smoothie, Cheese Stick, Cinna-Bun | 10 Breakfast Cinnamon Roll Lunch Assorted Pizza, Cali-Blend Veggies, Applesauce OR Smore's Yogurt Parfait, Muffin |
| 13 Breakfast Assorted Breakfast Lunch ~Chef's Choice~ | 14 | 15 Have a great Summer! | 16 | 17 |
| 20 | 21 | 22 | 23 | 24 |
| 27 | 28 | 29 | 30 | 1 |



All meals are FREE for the 2021-2022 school

Variety of fresh fruits and vegetables offered on our salad bar daily

All of our breads and buns are 100% whole grain

Ice cold milk options available daily: low fat white, low fat chocolate

~ Menu subject to change ~

Check out our Bear Lake School Nutrition Facebook page!



This Institution is an equal opportunity provider