

APRIL 2024

Bear Lake

Middle/High School



ANNOUNCEMENTS

WELCOME BACK!

APRIL IS EARTH MONTH



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

*Food allergen symbol:
🥜 = contains peanuts

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

~ Menu subject to change ~

Check out the Bear Lake School Nutrition Facebook page!

This Institution is an equal opportunity provider

We need SUBS!

Call the school office or email Tim at klenowt@manistee.org to learn how to apply!!

MON

TUE

WED

THU

FRI



8 Breakfast
Banana Bread
Lunch
Tangerine Chicken, Rice, Stir Fry Vegetables, Pineapple
OR BBQ Chopped "Earthy" Salad, Breadstick

15 Breakfast
Donut Pull-apart
Lunch
French Toast Sticks, Sausage, Hash Browns, Oranges OR Chef Salad, Garlic Breadstick

22 Breakfast
Mini Donuts
Lunch
Toasted Ravioli, Ceasar Salad, Breadstick, Mandarin Oranges OR BBQ Chopped "Earthy" Salad, Breadstick

29 Breakfast
Donut Pull-apart
Lunch
Egg Rolls, Fried Rice, Stir Fry Vegetables, Pineapple OR Chef Salad, Garlic Breadstick

2 Breakfast
Blueberry Pom Bar
Lunch
Cheeseburger, Crinkle Fries, Sliced Peaches
OR Hot Ham & Cheese Pretzel, Chex Mix

9 Breakfast
Breakfast Pizza
Lunch
Soft Tacos, Fixins, Refried Bean Dip, Oranges OR Hot Ham & Cheese Pretzel, Chex Mix

16 Breakfast
Caramel Cinna Minis
Lunch
Taco Pizza, Roasted Corn, Apple Empanada OR Ham & Cheese Pretzel, Chex Mix

23 Breakfast
Breakfast Pizza
Lunch
Loaded Nachos, Spanish Rice, Tropical Fruit OR Hot Ham & Cheese Pretzel, Chex Mix

30 Breakfast
Cinna Minis
Lunch
Crispy Chicken Sandwich, Curly Fries, Pears OR Ham & Cheese Pretzel, Chex Mix

3 Breakfast
Yogurt & Muffin
Lunch
Breakfast Scramble Bowl, Cinnamon Roll, Fresh Melon OR Corn Dog, Baked Beans

10 Breakfast
Chocolate Cherry Bar
Lunch
Popcorn Shrimp, Ranch Potato Wedges, Hush Puppies, Grapes OR Corn Dog, Sweet Potato Fries

17 Breakfast
Yogurt & Muffin
Lunch
Chicken Alfredo, Garlic Toast, Broccoli, Grapes OR Corn Dog, Baked Beans

24 Breakfast
Blueberry Lemon Bar
Lunch
Roasted Chicken, Apple Sausage Stuffing, Corn, Peaches OR Corn Dog, Sweet Potato Fries

4 Breakfast
Breakfast Sandwich
Lunch
Chicken & Waffles, Green Beans, Orange Wedges
OR Crispy Chicken Wrap, Trail Mix

11 Breakfast
Jumbo Cereal Cup
Lunch
Laker Bowl, Chicken, Mashed Potatoes, Corn, Cheese, Gravy, Fruit OR Fruit Smoothie, Berry Scone

18 Breakfast
Breakfast Sandwich
Lunch
Italian Sub, Pasta Salad, Sun Chips, Mixed Fruit OR Crispy Chicken Wrap, Trail Mix

25 Breakfast
Jumbo Cereal Cup
Lunch
Mac & Cheese, Pretzel Stick, Green Beans, Oranges
OR Fruit Smoothie, Berry Scone

5 Breakfast
Mini French Toast
Lunch
Bosco Sticks, Marinara, Key West Vegetables, Slush Cup OR Strawberry Shortcake Parfait, Granola, Muffin

12 Breakfast
Waffles
Lunch
Stuffed Crust Cheese Pizza, Roasted Brussel Sprouts, Applesauce OR Apple Nachos, Granola, Muffin

19 Breakfast
Mini French Toast
Lunch
Garlic Cheese French Bread, Roasted Cauliflower, Peaches OR Strawberry Shortcake Parfait, Granola, Muffin

26 Breakfast
Waffles
Lunch
Deep Dish Pepperoni Pizza, Corn, Applesauce OR Apple Nachos, Granola, Muffin

