



Bass Elementary School

USDA is an equal opportunity provider and employer. Menus are subject to change.

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

ALL BASS STUDENTS EAT FREE

Bass Elementary School will again operate under the Community Eligibility Provision (CEP).

This means ALL Students enrolled at Bass will receive a Free Breakfast and a Free Lunch each school day.

There are NO forms to complete. All students are eligible.

Monday, July 25

Lunch Entrée (Choose 1)

Cheesy Beef Nachos w/Salsa
Chicken Nuggets w/Tortilla Chips
PB&J Uncrustable Combo Meal
Chef Salad w/Crackers

Lunch Sides (All Included)

Seasoned Pinto Beans
Romaine Garden Salad
Shredded Lettuce & Diced Tomato
Chilled Fruit

Tuesday, Tuesday 26

Lunch Entrée (Choose 1)

Philly Cheese Steak Flatbread
Pork BBQ Flatbread
PB&J Uncrustable Combo Meal
Chef Salad w/Crackers

Lunch Sides (All Included)

Crispy Cucumber Sticks
Golden Sweet Corn
Fresh Orange Slices
Amazin' Raisins

Wednesday, July 27

Lunch Entrée (Choose 1)

Breakfast for Lunch
Ham, Egg & Cheese Muffin
PB&J Uncrustable Combo Meal
Chef Salad w/Crackers

Lunch Sides (All Included)

Seasoned Diced Potatoes
V-Blend Juice
Baked Apples

Thursday, July 28

Lunch Entrée (Choose 1)

Spaghetti & Meat Sauce
w/Garlic Bread Stick
Chicken Patty on WG Bun
PB&J Uncrustable Combo Meal
Chef Salad w/Crackers

Lunch Sides (All Included)

Steamed Broccoli
Crunchy Baby Carrots
Fresh Juicy Watermelon

Friday, July 29

Lunch Entrée (Choose 1)

Pizzeria Style Pizza Slice
Corn Dog Nuggets
PB&J Uncrustable Combo Meal
Chef Salad w/Crackers

Lunch Sides (All Included)

Crinkle Cut Oven Fries
Romaine Garden Salad
Fresh Apple Slices



Eyes and Ears!

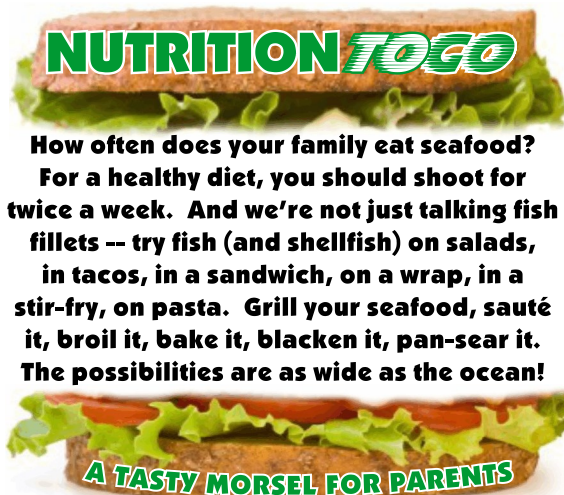
Sweet, fresh corn is like summer

on a plate! And these delicious ears are also good for your eyes.

Two anti-oxidants found in corn help your eyes filter out some of the sun's damaging rays and may also help protect against "macular degeneration," the leading cause of blindness later in life.



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Grab n' Go Breakfast Menus

Monday: Cereal & Elf Grahams
Tuesday: Kellogg's Mini Pancakes
Wednesday: Muffin & Yogurt
Thursday: Cereal & Elf Grahams
Friday: Kellogg's Pop-Tarts
Breakfast includes: fruit juice,
1 serving of fruit and 8 oz of milk

MENU FACTS:

Choice of milk served with all complete meals. Lactaid milk available to students who are lactose intolerant.

"Offer vs. Serve" - Students may choose to decline one item at breakfast and one or two items at lunch. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

Menus are subject to change without notice.