

# Bethlehem Area School District Centennial Lunch: K-8

## August/September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 <b>Chicken Drumstick with Biscuit</b>  Steamed Carrots, Cucumbers, Berry Cup, 100% Orange Juice	27 <b>Corndog</b>  Green Pepper Strips, Baby Carrots, Banana	28 <b>Nachos with Cheese* and Chicken</b>  Black Beans, Romaine Lettuce, Peaches	29 <b>Buffalo Chicken Cheesesteak</b>  Green Peas, Celery, Applesauce	30 <b>Stuffed Crust Pizza*</b>  Sweet Golden Corn, Grape Tomatoes, Fresh Orange, 100% Orange Juice
2 <b>School Closed</b>	3 <b>Cheesy Breadsticks with Marinara Sauce*</b>  Steamed Carrots, Romaine Lettuce, Mixed Fruit	4 <b>Chicken Nuggets with Fresh Baked Roll</b>  Grape Tomatoes, Baby Carrots, Peaches	5 <b>Chicken and Waffle Sandwich with Syrup</b>  Baked Beans, Baby Carrots, Applesauce	6 <b>Personal Pizza*</b>  Sweet Golden Corn, Celery, Fresh Orange, 100% Orange Juice
9 <b>French Toast Sticks with Syrup* and Sausage</b>  Cucumbers, Baby Carrots, Pears, 100% Orange Juice	10 <b>Cheeseburger on a Bun</b>  Green Beans, Grape Tomatoes, Mixed Fruit	11 <b>Egg Fried Rice*</b>  Broccoli, Baby Carrots, Peaches	12 <b>Toasted BBQ Cheddar Chicken Tender Sub</b>  Baked Beans, Romaine Lettuce, Applesauce	13 <b>Personal Pizza*</b>  Sweet Golden Corn, Celery, Fresh Orange, 100% Orange Juice
16 <b>Chicken Patty Sandwich</b>  Fresh Broccoli, Baby Carrots, Berry Cup, 100% Orange Juice	17 <b>Meatball Sub</b>  Baked Fries, Romaine Lettuce, Banana	18 <b>Chicken Nuggets with Fresh Baked Roll</b>  Steamed Broccoli, Grape Tomatoes, Peaches	19 <b>Grilled Chicken on Pesto Garlic Bun</b>  Green Peas, Cucumbers, Applesauce	20 <b>Pizza Dippers with Marinara Sauce*</b>  Sweet Golden Corn, Celery, Fresh Orange, 100% Orange Juice
23 <b>Early Dismissal</b>	24 <b>Ravioli with Sauce and Fresh Baked Roll*</b>  Fresh Broccoli, Baby Carrots, Mixed Fruit	25 <b>Thai Lemongrass Chicken w/ Cilantro Rice</b>  Grape Tomatoes, Baby Carrots, Peaches	26 <b>Ham and Cheese Melt on a Pretzel Bun</b>  Baked Beans, Romaine Lettuce, Applesauce	27 <b>Personal Pizza*</b>  Sweet Golden Corn, Celery, Fresh Orange, 100% Orange Juice

### Available Daily

Milk: Skim White, Skim Chocolate, Skim Strawberry, 1%

White

Sides: Fresh Apple

\* = Lacto-Ovo Vegetarian, may contain milk and eggs

Five food groups are offered at lunch: protein, grain, vegetable, fruit and milk. To make a meal, students must select foods from at least 3 different food groups. At least one item must be a ½ cup fruit, ½ cup vegetable or a 4oz fruit juice.



Menus are subject to change without notice.  
This institution is an equal opportunity provider.

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