

Bethlehem Area School District  
Centennial Lunch: 9-12

# April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>Personal Pizza (v)</b>  Baked Beans Celery Applesauce 100% Apple Juice
4 <b>Grilled Cheese (v) with or without Ham</b>  Baked Beans Cucumbers Mixed Fruit 100% Apple Juice	5 <b>Sausage, Egg &amp; Cheese on an English Muffins</b>  Romaine Lettuce Grape Tomatoes Apple Slices	6 <b>Chicken and Waffle Sandwich with Syrup</b>  Fresh Broccoli Baby Carrots Pears	7 <b>Mozzarella Stuffed Breadsticks with Marinara (v)</b>  Romaine Lettuce Cucumbers Peaches	8 <b>Cheese Pizza (v)</b>  Green Beans Celery Applesauce 100% Apple Juice
11 <b>Corn Dog</b>  Steamed Broccoli Cucumbers Banana 100% Apple Juice	12 <b>Pizza Sticks with Marinara (v)</b>  Grape Tomatoes Baby Carrots Mixed Fruit	13 <b>Chicken Patty Sandwich</b>  Fresh Broccoli Romaine Lettuce Pears	14 <b>School Closed</b>	15 <b>School Closed</b>
18 <b>School Closed</b>	19 <b>French Toast Sticks with Syrup (v) with or without Sausage</b>  Green Beans Baby Carrots Mixed Fruit	20 <b>Bacon Cheeseburger</b>  Smile Fries Fresh Broccoli Whole Apple	21 <b>Mac and Cheese Topped with Goldfish Crackers (v)</b>  Grape Tomatoes Romaine Lettuce Peaches	22 <b>Personal Pizza (v)</b>  Baked Beans Celery Applesauce 100% Apple Juice
25 <b>Pizza Dippers with Marinara Sauce (v)</b>  Green Peas Cucumbers Mixed Fruit 100% Apple Juice	26 <b>Chicken Drumstick with a Biscuit</b>  Grape Tomatoes Celery Apple Slices	27 <b>Waffle Chicken Bites</b>  Fresh Broccoli Steamed Carrots Banana	28 <b>Doritos Nachos with Beef and Cheese</b>  Romaine Lettuce Baby Carrots Peaches	29 <b>Cheese Pizza (v)</b>  Sweet Golden Corn Celery Applesauce 100% Apple Juice

### Available Daily

**Milk:** Skim Chocolate, 1% White  
**Sides:** Fresh Apple, Fresh Orange

(v) = 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, a ½ cup vegetable or a 4oz fruit juice.

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

