

Bethlehem Area School District
Centennial Lunch: K-8

April 2022

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

