

## Centennial Lunch Menu



Meet Your Nutritious Friend:  
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
1.Crispy Chicken Tenders with Dinner Roll	Italian Hoagie On WG Roll	French Toast Sticks with Turkey Sausage Patties	Chicken Alfredo with Garlic Breadstick	Big Daddy's Cheese Pizza
<b>FEATURED VEGGIES</b> Steamed Corn Garden Salad Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Cucumber Slices Baby Carrots Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Black Beans Grape Tomatoes Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Steamed Broccoli Sliced Cucumbers Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Ranchero Carrots Celery Sticks Choice of Fruit Choice of Milk
10	11	12	13	14
Cheeseburger on a WG Bun	Chicken Nuggets with Pretzel Stick	Egg, Cheese & Turkey Sausage on a Pancake	Hot Ham & Cheese on a Pretzel Roll	Pizza Cheese Cruncher with Marinara Sauce
<b>FEATURED VEGGIES</b> Crinkle Fries Garden Salad Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Buttered Corn Baby Carrots Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Glazed Carrots Celery Sticks Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Steamed Mixed Vegetables Broccoli Salad Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Baked Beans Sliced Cucumbers Choice of Fruit Choice of Milk
17	18	19	20	21
Chicken Patty on WG Bun	Hamburger on WG Bun	Dutch Waffle with Turkey Sausage Patty	<b>Holiday Meal</b> 1.Roast Turkey with Gravy Mashed Potatoes Dinner Roll Holiday Cookie	Big Daddy's Cheese Pizza
<b>FEATURED VEGGIES</b> Curly Fries Garden Salad Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Steamed Broccoli Black Bean and Corn Salsa Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Tater Tots Baby Carrots Choice of Fruit Choice of Milk	 <b>FEATURED VEGGIES</b> Buttered Corn Garden Salad Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Steamed Green Beans Celery Sticks Choice of Fruit Choice of Milk
24	25	26	27	28
Bosco Cheese Sticks with Marinara Sauce	Chicken Nuggets with Dinner Roll	Pancake Sausage on a Stick with Turkey Sausage and Syrup	<b>FALL BREAK NO SCHOOL</b>	<b>FALL BREAK NO SCHOOL</b>
<b>FEATURE VEGGIES</b> Buttered Corn Garden Salad Choice of Fruit Choice of Milk	<b>FEATURE VEGGIES</b> Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk	<b>FEATURE VEGGIES</b> <i>Mixed Vegetables</i> <i>Cucumber Slices</i> Choice of Fruit Choice of Milk		

### What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

### Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

### Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

### Choice of Milk

1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry

### Your Team

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### Meal Prices

Student Lunch - \$2.65  
Reduced Lunch - \$0.00

Explore nutritionals, virtual menus & make payments online at:  
<https://www.schoolcafe.com/BethlehemASD> or scan the School Café QR code to the right.



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