

Bethlehem Area School District  
Centennial Lunch: 9-12

# September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 <b>French Toast Sticks with Syrup and Sausage</b>  Green Beans, Celery, Applesauce	2 <b>Cheeseburger on a Bun</b>  Baked Beans, Romaine Lettuce, Pears	3 <b>Chicken Patty Sandwich</b>  Green Peas, Baby Carrots, Peaches	4 <b>Personal Pizza*</b>  Yellow Corn, Romaine Lettuce, 100% Fruit Juice
7 <b>School Closed</b>	8 <b>Mozzarella Sticks with Marinara*</b>  Green Beans, Celery, Applesauce	9 <b>Chicken Nuggets with a Fresh Baked Roll</b>  Baked Beans, Romaine Lettuce, Pears	10 <b>Hot Dog on a Bun</b>  Green Peas, Baby Carrots, Mixed Fruit	11 <b>Cheese Pizza*</b>  Yellow Corn, Romaine Lettuce, 100% Fruit Juice
14 <b>Meatball Sub</b>  Baby Carrots, Grape Tomatoes, Berry Cup	15 <b>Ham and Cheese on a Pretzel</b>  Green Beans, Celery, Applesauce	16 <b>Sausage, Egg and Cheese Bagel</b>  Baked Beans, Romaine Lettuce, Pears	17 <b>Chicken Patty Sandwich</b>  Green Peas, Baby Carrots, Peaches	18 <b>Personal Pizza*</b>  Yellow Corn, Romaine Lettuce, 100% Fruit Juice
21 <b>BBQ Pulled Pork Sandwich</b>  Baby Carrots, Grape Tomatoes, Peach Cup	22 <b>Corndog</b>  Green Beans, Celery, Applesauce	23 <b>Chicken Nuggets with a Fresh Baked Roll</b>  Baked Beans, Romaine Lettuce, Pears	24 <b>Cheeseburger on a Bun</b>  Green Peas, Baby Carrots, Mixed Fruit	25 <b>Cheese Pizza*</b>  Yellow Corn, Romaine Lettuce, 100% Fruit Juice
28 <b>Bagel with Cream Cheese, Yogurt and String Cheese*</b>  Baby Carrots, Grape Tomatoes, Berry Cup	29 <b>Pizza Sticks with Marinara*</b>  Green Beans, Celery, Applesauce	30 <b>Chicken and Waffle Sandwich</b>  Baked Beans, Romaine Lettuce, Pears		

**Available Daily**

**Milk:** Skim Chocolate, 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.



Bethlehem Area School District  
Centennial Lunch: K-8

# September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 <b>French Toast Sticks with Syrup and Sausage</b>  Green Beans, Celery, Applesauce	2 <b>Cheeseburger on a Bun</b>  Baked Beans, Romaine Lettuce, Pears	3 <b>Chicken Patty Sandwich</b>  Green Peas, Baby Carrots, Peaches	4 <b>Personal Pizza*</b>  Yellow Corn, Romaine Lettuce, 100% Fruit Juice
7 <b>School Closed</b>	8 <b>Mozzarella Sticks with Marinara*</b>  Green Beans, Celery, Applesauce	9 <b>Chicken Nuggets with a Fresh Baked Roll</b>  Baked Beans, Romaine Lettuce, Pears	10 <b>Hot Dog on a Bun</b>  Green Peas, Baby Carrots, Mixed Fruit	11 <b>Cheese Pizza*</b>  Yellow Corn, Romaine Lettuce, 100% Fruit Juice
14 <b>Meatball Sub</b>  Baby Carrots, Grape Tomatoes, Berry Cup	15 <b>Ham and Cheese on a Pretzel</b>  Green Beans, Celery, Applesauce	16 <b>Sausage, Egg and Cheese Bagel</b>  Baked Beans, Romaine Lettuce, Pears	17 <b>Chicken Patty Sandwich</b>  Green Peas, Baby Carrots, Peaches	18 <b>Personal Pizza*</b>  Yellow Corn, Romaine Lettuce, 100% Fruit Juice
21 <b>BBQ Pulled Pork Sandwich</b>  Baby Carrots, Grape Tomatoes, Peach Cup	22 <b>Corndog</b>  Green Beans, Celery, Applesauce	23 <b>Chicken Nuggets with a Fresh Baked Roll</b>  Baked Beans, Romaine Lettuce, Pears	24 <b>Cheeseburger on a Bun</b>  Green Peas, Baby Carrots, Mixed Fruit	25 <b>Cheese Pizza*</b>  Yellow Corn, Romaine Lettuce, 100% Fruit Juice
28 <b>Bagel with Cream Cheese, Yogurt and String Cheese*</b>  Baby Carrots, Grape Tomatoes, Berry Cup	29 <b>Pizza Sticks with Marinara*</b>  Green Beans, Celery, Applesauce	30 <b>Chicken and Waffle Sandwich</b>  Baked Beans, Romaine Lettuce, Pears		

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