

# Bethlehem Area School District

## Centennial Lunch: K-8

### December 2019

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| 2<br><b>School Closed</b>  | 3<br><b>Eggs, Hashbrown and Biscuit* with or without Bacon</b><br><br>Apples, Baby Carrots                | 4<br><b>Chicken Tenders with Fresh Baked Roll</b><br><br>Grape Tomatoes, Baby Carrots, Peaches                             | 5<br><b>Ham and Cheese Melt on a Pretzel Bun</b><br><br>Baked Beans, Romaine Lettuce, Applesauce | 6<br><b>Personal Pizza*</b><br><br>Sweet Golden Corn, Celery, Fresh Orange, 100% Apple Juice                |
| 9<br><b>Chicken Drumstick with Biscuit</b><br><br>Steamed Carrots, Cucumbers, Berry Cup, 100% Orange Juice | 10<br><b>Corndog</b><br><br>Green Pepper Strips, Baby Carrots, Banana                                     | 11<br><b>Nachos with Cheese* and Chicken</b><br><br>Black Beans, Romaine Lettuce, Peaches                                  | 12<br><b>Buffalo Chicken Cheesesteak</b><br><br>Green Peas, Celery, Applesauce                   | 13<br><b>Stuffed Crust Pizza*</b><br><br>Sweet Golden Corn, Grape Tomatoes, Fresh Orange, 100% Orange Juice |
| 16<br><b>Grilled Cheese Sandwich*</b><br><br>Green Beans, Cucumbers, Berry Cup, 100% Orange Juice          | 17<br><b>Cheesy Breadsticks with Marinara Sauce*</b><br><br>Steamed Carrots, Romaine Lettuce, Mixed Fruit | 18<br><b>Baked Ham, Dinner Roll, Mashed Potatoes, Green Beans and Carrots</b><br><br>Grape Tomatoes, Baby Carrots, Peaches | 19<br><b>Chicken and Waffle Sandwich with Syrup</b><br><br>Baked Beans, Baby Carrots, Applesauce | 20<br><b>Personal Pizza*</b><br><br>Sweet Golden Corn, Celery Fresh Orange, 100% Orange Juice               |
| 23<br><b>School Closed</b>   | 24<br><b>School Closed</b>  | 25<br><b>School Closed</b>   | 26<br><b>School Closed</b>   | 27<br><b>School Closed</b>  |
| 30<br><b>School Closed</b>   | 31<br><b>School Closed</b>  |  |  |   |

#### Available Daily

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

**Sides:** Fresh Apple

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.

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



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