

Bethlehem Area School District
Centennial Lunch: 9-12

December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Hot Ham and Cheese Melt Baked Beans, Fresh Broccoli, Pears	2 Cheese Quesadilla* Black Beans, Romaine Lettuce, Peaches	3 Personal Pizza* Green Beans, Celery, Applesauce, 100% Apple Juice
6 Pizza Dippers with Marinara Sauce* Green Peas, Cucumbers, Mixed Fruit, 100% Apple Juice	7 Chicken Drumstick With Biscuit Grape Tomatoes, Baby Carrots, Apple Slices	8 Bacon Cheeseburger Baked Beans, Romaine Lettuce, Pears	9 Doritos Nachos with Beef and Cheese Green Pepper Strips, Baby Carrots, Peaches	10 Cheese Pizza* Sweet Golden Corn, Celery, Applesauce, 100% Apple Juice
13 Meatball Sub Cucumbers, Baby Carrots, Banana, 100% Apple Juice	14 Chicken and Waffle Bites Grape Tomatoes, Romaine Lettuce, Mixed Fruit	15 Pancakes with Syrup* and Sausage Steamed Carrots, Fresh Broccoli, Pears	16 Cheeseburger on a Bun Romaine Lettuce, Baby Carrots, Peaches	17 Personal Pizza* Sweet Yellow Corn, Celery, Applesauce, 100% Apple Juice
20 Grilled Cheese Sandwich* Baked Beans, Cucumbers, Mixed Fruit, 100% Apple Juice	21 Cheesy Scrambled Eggs, Biscuit* with or without Sausage Grape Tomatoes, Romaine Lettuce, Apple Slices	22 Turkey and Cheese Hoagie Grape Tomatoes, Baby Carrots, Peach Cup	23 School Closed	24 School Closed
27 School Closed	28 School Closed	29 School Closed	30 School Closed	31 School Closed

Available Daily

Milk: Skim Chocolate, 1% White

Sides: Fresh Apple, Fresh Orange

* = 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.

