

Bethlehem Area School District  
Centennial Lunch: K-8

# December 2021

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

**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.

