


Bethlehem Area School District
Centennial Lunch: 9-12

February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken and Waffle Sandwich with Syrup Baby Carrots Grape Tomatoes Mixed Fruit	2 Mozzarella Stuffed Breadsticks with Marinara (v) Fresh Broccoli Romaine Lettuce Pears	3 Nachos with Cheese (v) and Chicken Black Beans Romaine Lettuce Peaches	4 Personal Pizza (v) Sweet Golden Corn Celery Applesauce 100% Apple Juice
7 Chicken Nuggets with a Fresh Baked Roll Peas Raisins 100% Apple Juice	8 French Toast Sticks with Syrup (v) with or without Sausage Grape Tomatoes Baby Carrots Mixed Fruit	9 Chicken Patty Sandwich Smile Fries Fresh Broccoli Apple	10 Cheese Quesadilla (v) Black Beans Romaine Lettuce Peaches	11 Personal Pizza (v) Green Beans Celery Applesauce 100% Apple Juice
14 Pizza Dippers with Marinara Sauce (v) Green Peas Cucumbers Mixed Fruit 100% Apple Juice 	15 Chicken Drumstick with a Biscuit Grape Tomatoes Baby Carrots Apple Slices	16 Bacon Cheeseburger Baked Beans Romaine Lettuce Pears	17 Turkey & Cheese Hoagie Green Pepper Strips Baby Carrots Peaches	18 School Closed
21 School Closed	22 Waffle Chicken Bites Grape Tomatoes Romaine Lettuce Mixed Fruit	23 Pancakes with Syrup (v) with or without Sausage Fresh Broccoli Steamed Carrots Pears	24 Cheeseburger on a Bun Romaine Lettuce Baby Carrots Peaches	25 Personal Pizza (v) Sweet Yellow Corn Celery Applesauce 100% Apple Juice
28 Grilled Cheese (v) with or without Bacon Baked Beans Cucumbers Mixed Fruit 100% Apple Juice				

Available Daily

Milk: Skim Chocolate, 1% White
Sides: Fresh Apple, Fresh Orange

(v) = 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, a ½ cup vegetable or a 4oz fruit juice.

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

