


Bethlehem Area School District  
Centennial Lunch: K-8

# February 2022

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

