

Bethlehem Area School District

Centennial Lunch: K-8

February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Patty Sandwich Fresh Broccoli, Baby Carrots, Berry Cup, 100% Orange Juice	4 Meatball Sub Baked Fries, Romaine Lettuce, Banana	5 Chicken Nuggets with Fresh Baked Roll Grape Tomatoes, Peaches	6 Chicken Filet Sandwich with Pesto Mayo Green Peas, Cucumbers, Applesauce	7 Pizza Dippers with Marinara Sauce* Sweet Golden Corn, Celery, Fresh Orange, 100% Orange Juice
10 Grilled Cheese Sandwich* Cucumbers, Baby Carrots, Pears, 100% Fruit Juice	11 Brunch for Lunch! Eggs, Hashbrown and Biscuit* with or without Bacon Fresh Broccoli, Romaine Lettuce, Mixed Fruit	12 Ham and Cheese Melt on a Pretzel Bun Grape Tomatoes, Steamed Broccoli, Peaches	13 Popcorn Chicken with a Roll Romaine Lettuce, Baby Carrots, Applesauce	14 School Closed
17 School Closed	18 Corndog Green Pepper Strips, Baby Carrots, Banana	19 Cheeseburger Black Beans, Romaine Lettuce, Peaches	20 Chicken Cheesesteak with or w/out Buffalo Sauce Green Peas, Celery, Applesauce	21 Stuffed Crust Pizza* Sweet Golden Corn, Grape Tomatoes, Fresh Orange, 100% Fruit Juice
24 French Toast with Sausage and Syrup Green Beans, Cucumbers, Berry Cup, 100% Orange Juice	25 Cheesy Breadsticks with Marinara Sauce* Steamed Carrots, Romaine Lettuce, Mixed Fruit	26 Chicken and Waffle Sandwich with Purple Coleslaw and Syrup Grape Tomatoes, Baby Carrots, Peaches	27 Beef Chili with Fresh Baked Roll Celery, Romaine Lettuce, Applesauce	28 Personal Pizza* Sweet Golden Corn, Celery, Fresh Orange, 100% Fruit Juice

Available Daily

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

White

Sides: Fresh Apple

* = 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.



Bethlehem Area School District

Centennial Lunch: 9-12

February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Patty Sandwich Fresh Broccoli, Baby Carrots, Berry Cup, 100% Orange Juice	4 Meatball Sub Baked Fries, Romaine Lettuce, Banana	5 Chicken Nuggets with Fresh Baked Roll Grape Tomatoes, Peaches	6 Chicken Filet Sandwich with Pesto Mayo Green Peas, Cucumbers, Applesauce	7 Pizza Dippers with Marinara Sauce* Sweet Golden Corn, Celery, Fresh Orange, 100% Orange Juice
10 Grilled Cheese Sandwich* Cucumbers, Baby Carrots, Pears, 100% Fruit Juice	11 Brunch for Lunch! Eggs, Hashbrown and Biscuit* with or without Bacon Fresh Broccoli, Romaine Lettuce, Mixed Fruit	12 Ham and Cheese Melt on a Pretzel Bun Grape Tomatoes, Steamed Broccoli, Peaches	13 Popcorn Chicken with a Roll Romaine Lettuce, Baby Carrots, Applesauce	14 School Closed
17 School Closed	18 Corndog Green Pepper Strips, Baby Carrots, Banana	19 Cheeseburger Black Beans, Romaine Lettuce, Peaches	20 Chicken Cheesesteak with or w/out Buffalo Sauce Green Peas, Celery, Applesauce	21 Stuffed Crust Pizza* Sweet Golden Corn, Grape Tomatoes, Fresh Orange, 100% Fruit Juice
24 French Toast with Sausage and Syrup Green Beans, Cucumbers, Berry Cup, 100% Orange Juice	25 Cheesy Breadsticks with Marinara Sauce* Steamed Carrots, Romaine Lettuce, Mixed Fruit	26 Chicken and Waffle Sandwich with Purple Coleslaw and Syrup Grape Tomatoes, Baby Carrots, Peaches	27 Beef Chili with Fresh Baked Roll Celery, Romaine Lettuce, Applesauce	28 Personal Pizza* Sweet Golden Corn, Celery, Fresh Orange, 100% Fruit Juice

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.

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

