Bethlehem Area School District  
Centennial Lunch: 9-12  
January 2022

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>
| Chicken Nuggets  
Fresh Baked Roll  
Peas, Raisins,  
100% Apple Juice | French Toast Sticks with  
Syrup* and Sausage  
Baby Carrots,  
Grape Tomatoes,  
Mixed Fruit | Chicken Patty Sandwich  
Smile Fries, Fresh Broccoli,  
Apple | Cheese Quesadilla*  
Black Beans,  
Romaine Lettuce, Peaches | Personal Pizza*  
Green Beans, Celery,  
Applesauce,  
100% Apple Juice |
| 10     | 11      | 12        | 13       | 14     |
| Pizza Dippers with  
Marinara Sauce*  
Green Peas, Cucumbers,  
Mixed Fruit,  
100% Apple Juice | Chicken Drumstick  
With Biscuit  
Grape Tomatoes,  
Baby Carrots, Apple Slices | Bacon Cheeseburger  
Baked Beans, Romaine  
Lettuce, Pears | Doritos Nachos with Beef  
and Cheese  
Green Pepper Strips,  
Baby Carrots, Peaches | Cheese Pizza*  
Sweet Golden Corn, Celery,  
Applesauce,  
100% Apple Juice |
| 17     | 18      | 19        | 20       | 21     |
| School Closed | Chicken and Waffle Bites  
Grape Tomatoes, Romaine  
Lettuce, Mixed Fruit | Pancakes with Syrup*  
and Sausage  
Steamed Carrots, Fresh  
Broccoli, Pears | Cheeseburger on a Bun  
Romaine Lettuce,  
Baby Carrots, Peaches | Personal Pizza*  
Sweet Yellow Corn, Celery,  
Applesauce,  
100% Apple Juice |
| 24     | 25      | 26        | 27       | 28     |
| Grilled Cheese Sandwich*  
Baked Beans, Cucumbers,  
Mixed Fruit,  
100% Apple Juice | Cheesy Scrambled Eggs,  
Biscuit* with or without  
Sausage  
Grape Tomatoes, Romaine  
Lettuce, Apple Slices | Pizza Sticks with Marinara*  
Fresh Broccoli, Baby Carrots,  
Pears | Chicken Tenders with a  
Fresh Baked Roll  
Romaine Lettuce,  
Cucumbers, Peaches | Cheese Pizza*  
Green Beans, Celery,  
Applesauce,  
100% Apple Juice |
| 31     |         |           |          |        |
| Corn Dog  
Steamed Broccoli,  
Cucumbers, Banana,  
100% Apple Juice |         |           |          |        |

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.