

Bethlehem Area School District
Centennial Lunch: K-8

January 2022

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

