## Bethlehem Area School District
### Centennial Lunch: 9-12

**June 2022**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1 Waffles with Syrup (v) with or without Sausage</td>
<td>2 Doritos Nachos with Beef and Cheese</td>
<td>3 Cheese Pizza (v)</td>
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<tr>
<td></td>
<td></td>
<td>Fresh Broccoli Steamed Carrots Banana</td>
<td>Romaine Lettuce Baby Carrots Peaches</td>
<td>Sweet Golden Corn Celery Applesauce 100% Apple Juice</td>
</tr>
</tbody>
</table>

### 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.