

Bethlehem Area School District  
Centennial Lunch: 9-12

# June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Waffles with Syrup (v) with or without Sausage  Fresh Broccoli Steamed Carrots Banana	2 Doritos Nachos with Beef and Cheese  Romaine Lettuce Baby Carrots Peaches	3 Cheese Pizza (v)  Sweet Golden Corn Celery Applesauce 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.

