Bethlehem Area School District  
Centennial Lunch: K-8  

June 2022

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td></td>
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<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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<td></td>
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<td>Fresh Broccoli Steamed Carrots Banana</td>
<td>Romaine Lettuce Baby Carrots Peaches</td>
<td>Sweet Golden Corn Celery Applesauce 100% Apple Juice</td>
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</tbody>
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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.