

Bethlehem Area School District
Centennial Lunch: K-8

January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 School Closed
4 Corndog Baby Carrots, Smile Fries, Berry Cup	5 Meatball Sub Green Beans, Celery, Applesauce	6 Chicken Nuggets with a Fresh Baked Roll Baked Beans, Romaine Lettuce, Pears	7 BBQ Pulled Pork Sandwich Green Peas, Baby Carrots, Mixed Fruit	8 Cheese Pizza* Yellow Corn, Romaine Lettuce, 100% Fruit Juice
11 Chicken and Waffle Sandwich Baby Carrots, Grape Tomatoes, Berry Cup	12 Cheeseburger on a Bun Baked Beans, Celery, Applesauce	13 Pizza Sticks with Marinara* Green Peas, Romaine Lettuce, Pears	14 Sausage, Egg and Cheese on a Bagel Green Beans, Baby Carrots, Peaches	15 Cheese Pizza* Yellow Corn, Romaine Lettuce, 100% Fruit Juice
18 School Closed	19 French Toast Sticks with Sausage and Syrup Smile Fries, Celery, Applesauce	20 Cheeseburger on a Bun Baked Beans, Romaine Lettuce, Pears	21 Chicken Patty Sandwich Green Peas, Baby Carrots, Peaches	22 Personal Pizza* Yellow Corn, Romaine Lettuce, 100% Fruit Juice
25 Mozzarella Sticks with Marinara* Baby Carrots, Grape Tomatoes, Berry Cup	26 Grilled Cheese Sandwich* Green Beans, Celery, Applesauce	27 Chicken Nuggets with a Fresh Baked Roll Baked Beans, Romaine Lettuce, Pears	28 Hot Dog on a Bun Green Peas, Baby Carrots, Mixed Fruit	29 Personal Pizza* Yellow Corn, Romaine Lettuce, 100% Fruit Juice

Available Daily

Milk: Skim Chocolate, 1% White

Sides: Fresh Apple

* = 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.

