

Bethlehem Area School District
Centennial Lunch: K-8

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheese Pizza* Sweet Golden Corn, Celery, Applesauce, 100% Apple Juice
4 Meatball Sub Cucumbers, Baby Carrots, Banana, 100% Apple Juice	5 Turkey and Cheese Hoagie Grape Tomatoes, Baby Carrots, Peaches	6 Mini Pancakes with Syrup* and Sausage Steamed Carrots, Fresh Broccoli, Pears	7 Cheese Quesadilla* Black Beans, Romaine Lettuce, Peaches	8 Personal Pizza* Sweet Yellow Corn, Celery, Applesauce, 100% Apple Juice
11 Grilled Cheese Sandwich* Baked Beans, Cucumbers, Mixed Fruit, 100% Apple Juice	12 Egg and Cheese Bagel* with or without Sausage Grape Tomatoes, Romaine Lettuce, Apple Slices	13 Pizza Sticks with Marinara* Fresh Broccoli, Baby Carrots, Pears	14 Chicken Tenders with a Fresh Baked Roll Romaine Lettuce, Cucumbers, Peaches	15 Cheese Pizza* Green Beans, Celery, Applesauce, 100% Apple Juice
18 Corn Dog Steamed Broccoli, Cucumbers, Banana, 100% Apple Juice	19 Chicken and Waffle Sandwich with Syrup Grape Tomatoes, Baby Carrots, Mixed Fruit	20 Mozzarella Stuffed Breadsticks with Marinara* Fresh Broccoli, Romaine Lettuce, Pears	21 Nachos with Chicken and Cheese Baked Beans, Romaine Lettuce, Peaches	22 Personal Pizza* Sweet Golden Corn, Celery, Applesauce, 100% Apple Juice
25 Chicken Nuggets Fresh Baked Roll Smile Fries, Cucumbers, Raisins, 100% Apple Juice	26 French Toast Sticks with Syrup* and Sausage Baby Carrots, Grape Tomatoes, Mixed Fruit	27 Hot Ham and Cheese Melt Baked Beans, Fresh Broccoli, Pears	28 Cheeseburger on a Bun Romaine Lettuce, Baby Carrots, Peaches	29 Personal Pizza* Green Beans, Celery, Applesauce, 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.



Bethlehem Area School District
Centennial Lunch: 9-12

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheese Pizza* Sweet Golden Corn, Celery, Applesauce, 100% Apple Juice
4 Meatball Sub Cucumbers, Baby Carrots, Banana, 100% Apple Juice	5 Turkey and Cheese Hoagie Grape Tomatoes, Baby Carrots, Peaches	6 Mini Pancakes with Syrup* and Sausage Steamed Carrots, Fresh Broccoli, Pears	7 Cheese Quesadilla* Black Beans, Romaine Lettuce, Peaches	8 Personal Pizza* Sweet Yellow Corn, Celery, Applesauce, 100% Apple Juice
11 Grilled Cheese Sandwich* Baked Beans, Cucumbers, Mixed Fruit, 100% Apple Juice	12 Egg and Cheese Bagel* with or without Sausage Grape Tomatoes, Romaine Lettuce, Apple Slices	13 Pizza Sticks with Marinara* Fresh Broccoli, Baby Carrots, Pears	14 Chicken Tenders with a Fresh Baked Roll Romaine Lettuce, Cucumbers, Peaches	15 Cheese Pizza* Green Beans, Celery, Applesauce, 100% Apple Juice
18 Corn Dog Steamed Broccoli, Cucumbers, Banana, 100% Apple Juice	19 Chicken and Waffle Sandwich with Syrup Grape Tomatoes, Baby Carrots, Mixed Fruit	20 Mozzarella Stuffed Breadsticks with Marinara* Fresh Broccoli, Romaine Lettuce, Pears	21 Nachos with Chicken and Cheese Baked Beans, Romaine Lettuce, Peaches	22 Personal Pizza* Sweet Golden Corn, Celery, Applesauce, 100% Apple Juice
25 Chicken Nuggets Fresh Baked Roll Smile Fries, Cucumbers, Raisins, 100% Apple Juice	26 French Toast Sticks with Syrup* and Sausage Baby Carrots, Grape Tomatoes, Mixed Fruit	27 Hot Ham and Cheese Melt Baked Beans, Fresh Broccoli, Pears	28 Cheeseburger on a Bun Romaine Lettuce, Baby Carrots, Peaches	29 Personal Pizza* Green Beans, Celery, Applesauce, 100% Apple Juice

Available Daily

Milk: Skim Chocolate, 1% White

Sides: Fresh Apple, Fresh Orange

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