Bethlehem Area School District  
Centennial Lunch: K-8

**March 2021**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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| Mozzarella Sticks with Marinara*  
Baby Carrots, Grape Tomatoes, Berry Cup | Grilled Cheese Sandwich*  
Green Beans, Celery, Applesauce | Chicken Nuggets with a Fresh Baked Roll  
Baked Beans, Romaine Lettuce, Pears | Hot Dog on a Bun  
Green Peas, Baby Carrots, Mixed Fruit | Personal Pizza*  
Yellow Corn, Romaine Lettuce, 100% Fruit Juice |

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| Cheeseburger on a Bun  
Baby Carrots, Grape Tomatoes, Berry Cup | Ham and Cheese on a Pretzel  
Green Beans, Celery, Applesauce | Chicken Tacos  
Black Beans, Romaine Lettuce, Pears | Chicken Patty Sandwich  
Green Peas, Baby Carrots, Peaches | Personal Pizza*  
Yellow Corn, Romaine Lettuce, 100% Fruit Juice |

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| Corn Dog  
Baby Carrots, Smile Fries, Berry Cup | Meatball Sub  
Green Beans, Celery, Applesauce | Chicken Nuggets with a Fresh Baked Roll  
Baked Beans, Romaine Lettuce, Pears | BBQ Pulled Pork Sandwich  
Green Peas, Baby Carrots, Mixed Fruit | Cheese Pizza*  
Yellow Corn, Romaine Lettuce, 100% Fruit Juice |

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| Chicken and Waffle Sandwich  
Baby Carrots, Grape Tomatoes, Berry Cup | Cheeseburger on a Bun  
Baked Beans, Celery, Applesauce | Pizza Sticks with Marinara*  
Green Peas, Romaine Lettuce, Pears | Sausage, Egg and Cheese on a Bagel  
Green Beans, Baby Carrots, Peaches | Cheese Pizza*  
Yellow Corn, Romaine Lettuce, 100% Fruit Juice |

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| Chicken Drumstick with a Biscuit  
Baby Carrots, Grape Tomatoes, Berry Cup | French Toast Sticks with Sausage and Syrup  
Smile Fries, Celery, Applesauce | Cheeseburger on a Bun  
Baked Beans, Romaine Lettuce, Pears |          |        |

**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.