

# Bethlehem Area School District Centennial Lunch: K-8

# May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>Meatball Sub</b>  Baked Beans Cucumbers Pears 100% Apple Juice	3 <b>Boneless Wings with a Fresh Baked Roll</b>  Romaine Lettuce Grape Tomatoes Mixed Fruit	4 <b>Pancakes with Syrup (v) with or without Sausage</b>  Fresh Broccoli Steamed Carrots Banana	5 <b>Nachos with Cheese (v) and Chicken</b>  Romaine Lettuce Baby Carrots Peaches	6 <b>Personal Pizza (v)</b>  Baked Beans Celery Applesauce 100% Apple Juice
9 <b>Grilled Cheese (v) with or without Ham</b>  Baked Beans Cucumbers Mixed Fruit 100% Apple Juice	10 <b>Sausage, Egg &amp; Cheese on an English Muffin</b>  Romaine Lettuce Grape Tomatoes Apple Slices	11 <b>Chicken Patty Sandwich</b>  Fresh Broccoli Baby Carrots Pears	12 <b>Mozzarella Stuffed Breadsticks with Marinara (v)</b>  Romaine Lettuce Cucumbers Peaches	13 <b>Cheese Pizza (v)</b>  Green Beans Celery Applesauce 100% Apple Juice
16 <b>Corn Dog</b>  Steamed Broccoli Cucumbers Pears 100% Apple Juice	17 <b>Turkey &amp; Cheese Hoagie</b>  Romaine Lettuce Baby Carrots Mixed Fruit	18 <b>Chicken and Waffle Sandwich with Syrup</b>  Fresh Broccoli Romaine Lettuce Banana	19 <b>Chicken and Cheese Quesadilla</b>  Black Beans Romaine Lettuce Peaches	20 <b>Personal Pizza (v)</b>  Sweet Golden Corn Celery Applesauce 100% Apple Juice
23 <b>Chicken Nuggets with a Fresh Baked Roll</b>  Peas Cucumbers Raisins 100% Apple Juice	24 <b>French Toast Sticks with Syrup (v) with or without Sausage</b>  Green Beans Baby Carrots Mixed Fruit	25 <b>Bacon Cheeseburger</b>  Smile Fries Fresh Broccoli Whole Apple	26 <b>Mac and Cheese Topped with Goldfish Crackers (v)</b>  Grape Tomatoes Romaine Lettuce Peaches	27 <b>Personal Pizza (v)</b>  Baked Beans Celery Applesauce 100% Apple Juice
30 <b>School Closed</b>	31 <b>Chicken Drumstick with a Biscuit</b>  Grape Tomatoes Celery Apple Slices			

## 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.

