

Bethlehem Area School District
Centennial Lunch: K-8

May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Patty Sandwich Baby Carrots, Grape Tomatoes, Peach Cup	4 Chicken Drumstick with a Biscuit Smile Fries, Romaine Lettuce, Applesauce	5 CINCO DE MAYO Pork Soft Tacos with Pineapple Salsa Black Beans, Celery, Pears	6 Mini Pancakes with Syrup* and Sausage Green Peas, Cucumber Slices, Peaches	7 Cheese Pizza* Yellow Corn, Romaine Lettuce, 100% Fruit Juice
10 Cheeseburger on a Bun Baby Carrots, Grape Tomatoes, Peach Cup	11 Toasted Cheddar Flatbread* Steamed Broccoli, Celery, Applesauce	12 Chicken Nuggets with Fresh Baked Roll Smile Fries, Romaine Lettuce, Pears	13 Chicken and Waffle Sandwich Green Peas, Fresh Broccoli, Mixed Fruit	14 Cheese Pizza* Green Beans, Romaine Lettuce, 100% Fruit Juice
17 Chicken Patty Sandwich Baby Carrots, Grape Tomatoes, Peach Cup	18 Sausage, Egg and Cheese Bagel Smile Fries, Cucumber Slices, Applesauce	19 Mozzarella Sticks with Marinara* Green Peas, Baby Carrots, Pears	20 Mac and Cheese with Popcorn Chicken Green Beans, Celery, Peaches	21 Cheese Pizza* Yellow Corn, Romaine Lettuce, 100% Fruit Juice
24 Pizza Sticks with Marinara Sauce* Baby Carrots, Grape Tomatoes, Peach Cup	25 Corn Dog Smile Fries, Celery, Applesauce	26 Cheesy Grilled Chicken Sandwich Steamed Broccoli, Romaine Lettuce, Pears	27 Meatball Sub Green Peas, Fresh Broccoli, Mixed Fruit	28 Cheese Pizza* Green Beans, Romaine Lettuce, 100% Fruit Juice
31 School Closed				

Available Daily

Milk: Skim Chocolate, 1% White

Sides: Fresh Apple

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.

* = Lacto-Ovo Vegetarian, may contain milk and eggs

