

Bethlehem Area School District

Centennial Lunch: 9-12

November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Personal Pizza* Turkey Dog on a Bun Chicken Caesar Salad Sweet Golden Corn, Celery, Fresh Orange, 100% Apple Juice
4 Chicken Drumstick with Biscuit Steamed Carrots, Cucumbers, Berry Cup, 100% Orange Juice	5 Turkey and Cheese Hoagie Green Pepper Strips, Baby Carrots, Banana	6 Nachos with Cheese* and Chicken Black Beans, Romaine Lettuce, Peaches	7 Buffalo Chicken Cheesesteak Green Peas, Celery, Applesauce	8 Stuffed Crust Pizza* Sweet Golden Corn, Grape Tomatoes, Fresh Orange, 100% Orange Juice
11 Grilled Cheese Sandwich* Green Beans, Cucumbers, Berry Cup, 100% Orange Juice	12 Cheesy Breadsticks with Marinara Sauce* Steamed Carrots, Romaine Lettuce, Mixed Fruit	13 Chicken Nuggets with Fresh Baked Roll Grape Tomatoes, Baby Carrots, Peaches	14 Chicken and Waffle Sandwich with Syrup Baked Beans, Baby Carrots, Applesauce	15 Personal Pizza* Sweet Golden Corn, Celery Fresh Orange, 100% Orange Juice
18 French Toast Sticks with Syrup* and Sausage Cucumbers, Baby Carrots, Pears, 100% Orange Juice	19 Turkey and Cheese Hoagie Grape Tomatoes, Baby Carrots, Mixed Fruit	20 Fiesta Rice and Bean Bowl* Broccoli, Baby Carrots, Peaches	21 Roasted Turkey with Gravy, Dinner Roll, Cranberry Sauce & Golden Corn Lettuce, Applesauce	22 Personal Pizza* Celery, Baby Carrots, Fresh Orange, 100% Orange Juice
25 Chicken Patty Sandwich Fresh Broccoli, Baby Carrots, Berry Cup, 100% Orange Juice	26 Meatball Sub Baked Fries, Romaine Lettuce, Banana	27 Ham and Cheese Hoagie Grape Tomatoes, Baby Carrots, Peaches	28 School Closed	29 School Closed

Available Daily

Milk: Skim White, Skim Chocolate, Skim Strawberry, 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.



Menus are subject to change without notice.
This institution is an equal opportunity provider.

