# Bethlehem Area School District
## Centennial Lunch: 9-12
### November 2019

<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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|        |         |           |          | 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.