

Bethlehem Area School District  
Centennial Lunch: K-8

# November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Mozzarella Sticks with Marinara Sauce *</b>  Green Peas, Cucumbers, Mixed Fruit, 100% Apple Juice	2 <b>Turkey and Cheese Hoagie</b>  Grape Tomatoes, Baby Carrots, Peach Cup	3 <b>Bacon Cheeseburger</b>  Baked Beans, Romaine Lettuce, Pears	4 <b>Chicken Patty Sandwich</b>  Green Pepper Strips, Baby Carrots, Peaches	5 <b>Cheese Pizza*</b>  Sweet Golden Corn, Celery, Applesauce, 100% Apple Juice
8 <b>Meatball Sub</b>  Cucumbers, Baby Carrots, Banana, 100% Apple Juice	9 <b>Chicken and Waffle Bites</b>  Grape Tomatoes, Romaine Lettuce, Mixed Fruit	10 <b>Pancakes with Syrup* and Sausage</b>  Steamed Carrots, Fresh Broccoli, Pears	11 <b>Cheese Quesadilla*</b>  Black Beans, Romaine Lettuce, Peaches	12 <b>Personal Pizza*</b>  Sweet Yellow Corn, Celery, Applesauce, 100% Apple Juice
15 <b>Grilled Cheese Sandwich*</b>  Baked Beans, Cucumbers, Mixed Fruit, 100% Apple Juice	16 <b>Egg and Cheese Bagel* with or without Sausage</b>  Grape Tomatoes, Romaine Lettuce, Apple Slices	17 <b>Pizza Sticks with Marinara*</b>  Fresh Broccoli, Baby Carrots, Pears	18 <b>Roasted Turkey with Gravy, Dinner Roll, Cranberry Sauce, Golden Corn</b>  Romaine Lettuce, Peaches	19 <b>Cheese Pizza*</b>  Green Beans, Celery, Applesauce, 100% Apple Juice
22 <b>Corn Dog</b>  Steamed Broccoli, Cucumbers, Banana, 100% Apple Juice	23 <b>Chicken and Waffle Sandwich with Syrup</b>  Grape Tomatoes, Baby Carrots, Mixed Fruit	24 <b>Turkey and Cheese Hoagie</b>  Fresh Broccoli, Romaine Lettuce, Peach Cup	25 <b>School Closed</b>	26 <b>School Closed</b>
29 <b>School Closed</b>	30 <b>French Toast Sticks with Syrup* and Sausage</b>  Baby Carrots, Grape Tomatoes, Mixed Fruit			

**Available Daily**

**Milk:** Skim Chocolate, 1% White

**Sides:** Fresh Apple, Fresh Orange

\* = 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.

