

Bethlehem Area School District  
Centennial Lunch: K-8

# September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>Mini Pancakes with Syrup* and Sausage</b>  Steamed Carrots, Fresh Broccoli, Pears	2 <b>Cheese Quesadilla*</b>  Black Beans, Romaine Lettuce, Peaches	3 <b>Personal Pizza*</b>  Sweet Yellow Corn, Celery, Applesauce, 100% Apple Juice
6 <b>No School</b>	7 <b>Egg and Cheese Bagel* with or without Sausage</b>  Grape Tomatoes, Romaine Lettuce, Apple Slices	8 <b>Pizza Sticks with Marinara*</b>  Fresh Broccoli, Baby Carrots, Pears	9 <b>Chicken Tenders with a Fresh Baked Roll</b>  Romaine Lettuce, Cucumbers, Peaches	10 <b>Cheese Pizza*</b>  Green Beans, Celery, Applesauce, 100% Apple Juice
13 <b>Corn Dog</b>  Steamed Broccoli, Cucumbers, Banana, 100% Apple Juice	14 <b>Chicken and Waffle Sandwich with Syrup</b>  Grape Tomatoes, Baby Carrots, Mixed Fruit	15 <b>Mozzarella Stuffed Breadsticks with Marinara*</b>  Fresh Broccoli, Romaine Lettuce, Pears	16 <b>Turkey and Cheese Hoagie</b>  Cucumbers, Baby Carrots, Peaches	17 <b>Personal Pizza*</b>  Sweet Golden Corn, Celery, Applesauce, 100% Apple Juice
20 <b>Chicken Nuggets Fresh Baked Roll</b>  Green Peas, Cucumbers, Raisins, 100% Apple Juice	21 <b>French Toast Sticks with Syrup* and Sausage</b>  Smile Fries, Grape Tomatoes, Mixed Fruit	22 <b>Ham and Cheese Melt on a Pretzel Bun</b>  Baked Beans, Fresh Broccoli, Pears	23 <b>Cheeseburger on a Bun</b>  Romaine Lettuce, Baby Carrots, Peaches	24 <b>Personal Pizza*</b>  Green Beans, Celery, Applesauce, 100% Apple Juice
27 <b>Toasted Cheddar Flatbread Melt*</b>  Green Peas, Cucumbers, Mixed Fruit, 100% Apple Juice	28 <b>Chicken Drumstick Fresh Baked Roll</b>  Grape Tomatoes, Baby Carrots, Apple Slices	29 <b>Bacon Cheeseburger</b>  Baked Beans, Romaine Lettuce, Pears	30 <b>Chicken Patty Sandwich</b>  Green Pepper Strips, Baby Carrots, Peaches	

**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.

