


OCTOBER

Bethel Schools Menu for the Month

| M | T | W | T | F | S | S |
|----|---|----|----|----|----|----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 |  | | | | | |

Snack Schedule

| MON | TUES | WED | THURS | FRI |
|---------------------|-------------------------|----------------------|------------------------|--------------------|
| 2nd Veggie Tray | 3rd Chard Salad | 4th Melon salsa | 5th Kale chips | 6th Fruit Tray |
| 9th Veggie Tray | 10th Penne chard | 11th apple chips | 12th Kale pesto | 13th Fruit Tray |
| 16th Veggie Tray | 17th chard/raisins | 18th snack crack | 19th Kale salad | 20th half day |
| 23rd Veggie Tray | 24th Kale quesadilla | 25th pumpkin soup | 26th Kale and apple | 27th no school |
| 30th Veggie Tray | 31st eye balls | | | |

Daily Breakfast Offering

- Monday- Breakfast Sandwich
- Tuesday- Banana Bread French Toast
- Wednesday- Funky Crepe Day
- Thursday- Breakfast Burrito
- Friday- Breakfast Sandwich

----- Every Morning we offer -----
 Fresh Fruit Cup, Homemade Granola, Homemade Muffins, a Smoothie of the day or a breakfast plate!!!!

Daily Hot Lunch Entrees

- MON**
- 2 Grilled Cheese with Tomato Soup (V)
 - 9 Pulled Pork Sandwiches with potato salad
 - 16 Chicken, Meat or Veggie Chili (V) with cornbread
 - 23 Spinach Stuffed Shells with Marinara Sauce (V)
 - 30 Sweet and Sour Pork or Vegetable (V) Stir Fry
- Food Key L= Local V= Vegetarian GF= Gluten Free**
- TUES**
- 3 Fried Chicken, Waffles and Mashed Potatoes
 - 10 Baked Potato Bar with a table of toppings (V)(GF)
 - 17 Eggplant Lasagne Roll (V) or Meat Lasagna Roll
 - 24 Meatball Grinders
 - 31 Toxic Waste Mac and Trees (it is Halloween) (V)
- Deli Now offers Gluten Free Bread for Sandwiches**
- WED**
- 4 Turkey or Corned Beef Rubeen (Willy Style)
 - 11 Winky's Hurdles or Willy's Verdles (V)
 - 18 Chicken Burritos
 - 25 Sweet Potato and Black Bean Stew (V) (with or without chicken) (GF)
- Check you student's meal account @ "mymealtime.com"**
- THURS**
- 5 Homemade Cheese and Pepperoni Pizza (V)
 - 12 Chicken Sandwich with homemade tater tots
 - 19 Fish and Chips
 - 26 Vegetable (V) or Meat Calzone
- Menus are subject to change**
- FRI**
- 6 Salmon Cakes with orzo
 - 13 Fish Tacos and maple cole slaw (GF with our corn tortillas)
 - 20 Brunch for Lunch (1/2 Day)
 - 27 No school!!!!

Homemade Soup and Salad Bar included with each meal

OVER →