

# NOVEMBER

## Bethel Schools Menu for the Month

M	T	W	T	F	S	S
30	31	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	1	2	3
4	5	6	7	8	9	10

## Snack Schedule

MON	TUES	WED	THURS	FRI
		1st pumpkin muffins	2nd cabbage/apples	3rd fruit tray
6th veggie tray	7th swt pot hummus	8th banana muffins	9th Berry Crisp	10th fruit tray
13th veggie tray	14th swt pot salad	15th swt pot muffins	16th pickles	17th fruit tray
20th veggie tray	21st Cranberry Bars	22nd No School	23rd No School	24th No School
27th veggie tray	28th swt Pot Tots	29th Thai cuke salad	30th swt Pot Hash	

## Daily Breakfast Offering

- Monday- Breakfast Sandwich
- Tuesday- Stuffed French Toast(cream cheese and berry goodness)
- Wednesday- Oatmeal Bar (fresh oatmeal tons of selections!!)
- Thursday- Breakfast Burrito
- Friday- Breakfast Sandwich

----- Every Morning we offer -----  
 Fresh Fruit Cup, Homemade Granola, Homemade Muffins, a Smoothie

## Daily Hot Lunch Offerings

- MON**
- 6th Mama Leones Italian Meatloaf
  - 13th Philly Cheesesteak or Veggie Cheesesteak Sandwiches (V)
  - 20th Monte Cristo Sandwich
  - 27th Grilled Chicken Breast, Bacon and Cheddar Sandwich

### Menu Key L= Local GF= Gluten Free V= Vegetarian

- TUES**
- 7th Homemade Cheese or Spinach and Mushroom (V) or Pepperoni Pizza
  - 14th Winky's Hurdles or Willy's Verdles (V)
  - 21st Thanksgiving Dinner (GF)
  - 28th Hunters Stew with Corn Muffins (GF)

### Check your students meal account @ "mymealtime.com"

- WED**
- 1st Ham, Apple, Cheddar and Maple Tostada Wrap (ask for corn tortilla (GF))
  - 8th Turkey and Biscuits
  - 15th Sweet Potato Curry in a Hurry (V) (GF)...chicken can be added (GF)
  - 22nd NO SCHOOL!!!!
  - 29th Pork Sliders with Cauliflower Tots

### Deli Sandwiches Available Each Day!!!

- THURS**
- 2nd Shephards Pie (GF)
  - 9th Fish and Chips
  - 16th Chicken or Eggplant Parmesean (V)
  - 23rd NO SCHOOL!!!!
  - 30th Macaroni and Trees (V)

### Menus are Subject to Change

- FRI**
- 3rd Salmon Cakes with Orzo
  - 10th NO SCHOOL!!!!
  - 17th Fish Tacos
  - 24th NO SCHOOL!!!!

### Homemade Soup and Salad Bar with Every Meal!!!

OVER →