

JANUARY

Bethel School Menus for the Month

M	T	W	T	F	S	S
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	31			

DAILY SNACK SCHEDULE

MON	TUES	WED	THURS	FRID
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1st No School	2nd No School	3rd Fruit & Yogurt	4th Apple & Cheese	5th Fruit Platter
8th Veg Tray	9th Quesadillas	10th Berry Smoothie	11th Cheese Crostini	12th Half Day
15th No School	16th Spinach Squares	17th Fruity Flatbread	18th Cheeseballs	19th Fruit Platter
22nd Veg Tray	23rd Farmer Cheese	24th Cheesecrackers	25th Caramel Flan	26th Fruit Platter
29th Veg Tray	30th Cheese Nachos	31st Cheese Crisps		

Monday-Choice of Omelettes		Tuesday- Stuffed French Toast	
Everyday- Fruit cups, Home Made Granola & Muffins, Smoothies			
Wednesday- Oatmeal Bar with Toppings		Thursday- Pancakes Plain and Fruit Filled	
		Friday- Breakfast Sandwich	

Daily Hot Entrée Lunch Offerings

2018

- MONDAY**
- 1 No School
 - 8 Sloppy Joe Carolina Style Burgers or Black Bean Burger with Fries (GF)
 - 15 No School
 - 22 Chicken or Vegetable Cheese Steak Sandwiches with Tots(GF)
 - 29 BBQ Pulled Pork or Black Bean Sliders with Potato Wedge French Fries
- **** Food Key L=Local GF=Gluten Free V= Vegetarian ****
- TUESDAY**
- 2 No School
 - 9 Macaroni and Cheese Bar (with Lots of Toppings)
 - 16 Shepherd's Pieyup we have a Vegetable Shepherds Pie too (GF)
 - 23 Maple Roasted Pork Loin with Cheesy Potatoes
 - 30 Italian Meatloaf or Black Bean Sandwiches
- **** Deli Sandwiches are Available Each Day****
- WEDNESDAY**
- 3 Winky's Hurdles or Willy's Verdles (GF)
 - 10 Homemade Pizza - Spinach & Mushroom, Pepperoni or Cheese (GF)
 - 17 Chicken or Spinach Stuffed Shells
 - 24 Turkey Tetrazzini
 - 31 Chicken or Vegetable Shawarma (Middle Eastern Tostada)
- **** On Line Lunch Account at www.Mymealtime.com ****
- THURSDAY**
- 4 Chicken, Veggie or Beef Tacos, Spanish Rice and Beans (GF)
 - 11 Chicken or Eggplant Parmesean
 - 18 Pork Apple and Cheddar Quesadillas or Sweet Potato Quesadilla (GF)
 - 25 Beef or Vegetable Gyros with Tzaski Sauce
- **** Menus are Subject to Change****
- FRIDAY**
- 5 Fish Tacos with Maple Cole Slaw (GF)
 - 12 Brunch for Lunch
 - 19 Salmon Cakes with Spinach Risotto (GF)
 - 26 Fish and Chips
- **** Soup and Salad Bar is Included in Every Meal****

DOD is an equal opportunity Employer

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