

Bethesda Country Day School January 2019

Green text = fresh or frozen produce, wheat, whole-grain, & multi-grain items.

Highlighted boxes = organic items. Red text = vegetarian option.

Week Beginning on December 31, 2018					
A.M. Snack	BLUEBERRY MUFFIN, MILK 1%	HAPPY	WHOLE GRAIN WAFFLE, MIXED BERRIES, MILK 1%	HONEY GRAHAM SQUARES CEREAL, MILK 1%	CHEF'S
Lunch	DICED TURKEY HAM, MASHED POTATOES, PINEAPPLE, MILK 1%	NEW	WHOLE GRAIN CHICKEN PATTY, BROCCOLI FLORETS, FRESH/FROZEN MELON, MILK 1%	TUNA SALAD ON WG SALTINES, BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	CHOICE
P.M. Snack	WG CHEDDAR RICE CAKES, FRESH ORANGE SLICES	YEAR!	FRESH APPLE, SUNBUTTER OR SOYBUTTER	GREEK VANILLA YOGURT, PINEAPPLE TIDBITS	DAY
Week Beginning on January 7, 2019					
A.M. Snack	SCRAMBLED EGG PATTY, MILK 1%	ALPHA BITS CEREAL, BLUEBERRIES, MILK 1%	WHOLE GRAIN MINI BAGEL, APPLE BUTTER, MILK 1%	BLUEBERRY MUFFIN, MANDARIN ORANGES, MILK 1%	WHOLE WHEAT TOAST SLICE, APPLE BUTTER, , MILK 1%
Lunch	CHEESE RAVIOLETTI, SPAGHETTI SAUCE, BROCCOLI FLORETS, DICED PEACHES, MILK 1%	GRILLED CHEESE ON WHEAT BREAD, STRINGBEANS, SLICED STRAWBERRIES, MILK 1%	BBQ BEEF BRISKET SANDWICH (VO - Garden Burger) ON WHOLE WHEAT BUN, BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	CHICKEN & CHEESE QUESADILLA, CARROTS, MIXED BERRIES, MILK 1%	TURKEY & CHEESE on WHOLE WHEAT TORTILLA, CARROTS, APPLESAUCE, MILK 1%
P.M. Snack	NUT FREE TRAIL MIX (CHEX CEREAL, DRIED ORGANIC APPLE CHIPS)	WHOLE GRAIN SPIKERZ RANCH CRACKERS, APPLESAUCE	SLICED CUCUMBERS WITH RANCH DRESSING	FRESH APPLE, SUNBUTTER OR SOYBUTTER	WG TRISCUITS, ORANGE SLICES
Week Beginning on January 14, 2019					
A.M. Snack	RICE KRISPIES CEREAL, BERRIES, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUEBERRIES, MILK 1%	CORN FLAKES CEREAL, SLICED BANANA, MILK 1%	WHOLE GRAIN PANCAKE, SUGAR FREE SYRUP, ORANGE SLICES, MILK 1%	TASTEEOS CEREAL, BANANA, MILK 1%
Lunch	TURKEY CHILI (VO - Garden Burger) ON WHOLE WHEAT BUN, CORN, PINEAPPLE, MILK 1%	DICED CHICKEN SALAD W/RANCH DRESSING, WHOLE WHEAT SLIDER ROLL, APPLESAUCE, MILK 1%	FISH BITES, BROWN RICE, STRINGBEANS, PEARS, MILK 1%	RICE & BEANS, TOSSED SALAD W/RANCH, SLICED STRAWBERRIES, MILK 1%	PIEROGIES, MIXED VEG, FRUIT COCKTAIL, MILK 1%
P.M. Snack	WG CHEDDAR RICE CAKES, FRESH ORANGE SLICES	TOWNHOUSE CRACKERS, CHEESE SLICES	GREEK VANILLA YOGURT, MIXED BERRIES	FRESH APPLE, SUNBUTTER OR SOYBUTTER	PITA CHIPS, HUMMUS
Week Beginning on January 21, 2019					
A.M. Snack	HONEY GRAHAM SQUARES CEREAL, MILK 1%	TASTEEO CEREAL, MIXED BERRIES, MILK 1%	WHOLE GRAIN WAFFLE, SLICED STRAWBERRIES, MILK 1%	RICE KRISPIES CEREAL, BANANA, MILK 1%	WG CRANBERRY ORANGE MUFFIN, MILK 1%
Lunch	TURKEY TETRAZZINI, WHOLE WHEAT MACARONI, MIXED VEG, SLICED STRAWBERRIES, MILK 1%	CHICKEN POT PIE (VO - Gardein Chicken Strips), WHOLE GRAIN BISCUIT, PEACHES, MILK 1%	WHOLE GRAIN PIZZA, FRESH TOSSED SALAD, RANCH DRESSING, BLUEBERRIES, MILK 1%	CHEESESTEAK ON WHOLE GRAIN SLIDER, STRINGBEANS, APPLESAUCE, MILK 1%	TURKEY TACOS ON WHOLE WHEAT TORTILLA, CARROTS, DICED PEARS, MILK 1%
P.M. Snack	COLBY JACK CHEESE STICK, WG TRISCUITS	CHEDDAR CHEESE SLICES, WHEAT CRACKERS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	SLICED CUCUMBERS WITH RANCH DRESSING, MOZZARELLA STRING CHEESE	WG STRAWBERRY CHEX, GREEK VANILLA YOGURT
Week Beginning on January 28, 2019					
A.M. Snack	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUEBERRIES, MILK 1%	WHOLE GRAIN PANCAKE, SUGAR FREE SYRUP, MIXED BERRIES, MILK 1%	MINI WG BAGEL, STRAWBERRY PRESERVES, MILK 1%	CORN FLAKES CEREAL, SLICED BANANA, MILK 1%	CHEF'S
Lunch	MULTI-GRAIN FLAT BREAD PIZZA, CARROTS, PEARS, MILK 1%	BBQ SHREDDED CHICKEN SANDWICH, BROCCOLI FLORETS, ORANGE SLICES, MILK 1%	WG PASTA, BEEF CRUMBLES, STRINGBEANS, APPLESAUCE, MILK 1%	CHEF SALAD w/DICED TURKEY HAM, PEACHES, MILK 1%	CHOICE
P.M. Snack	GRAHAM CRACKERS, APPLE BUTTER	FRESH APPLE, SUNBUTTER OR SOYBUTTER	HUMMUS, WG PITA	MOZZARELLA STRING CHEESE, WHEAT CRACKERS	DAY!