

Bethesda Country Day School March 2020 Menu

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

Red

text = vegetarian option.

Week Beginning on March 2, 2019					
A.M. Snack	CORN FLAKES CEREAL, BLUEBERRIES , MILK 1%	WG FRENCH TOAST STICKS , MILK 1%	MINI SPOONERS CEREAL, MILK 1%	WHOLE GRAIN PANCAKE , SUGAR FREE SYRUP, ORANGE SLICES , MILK 1%	TASTEEO CEREAL, BANANA , MILK 1%
Lunch	GRILLED CHEESE (V), CORN , DICED PEACHES, MILK 1%	FISH BITES (VO-VEGGIE NUGGETS), STRINGBEANS , PEARS, MILK 1%	CHEESEBURGER ON WG BUN (VO-GARDEN BURGER) , TATER TOTS, DICED CARROTS, MILK	CHICKEN FAJITAS on WG TORTILLA (VO-VEGGIE CHICKEN STRIPS) , SLICED AVOCADO , SLICED STRAWBERRIES , MILK 1%	PIEROGIES (V), MIXED VEG, FRUIT COCKTAIL, MILK 1%
P.M. Snack	MOZZARELLA STRING CHEESE, WHEAT CRACKERS	GREEK VANILLA YOGURT, MIXED BERRIES	WG GOLDFISH CRACKERS	TOWNHOUSE CRACKERS, CHEESE SLICES	WG SOFT BAKED OATMEAL COOKIE
Week Beginning on March 9, 2020					
A.M. Snack	APPLE CINNAMON MUFFIN, MILK 1%	MINI SPOONERS CEREAL, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN , APPLE BUTTER, BLUEBERRIES , MILK 1%	WHOLE GRAIN WAFFLE , MIXED BERRIES, MILK 1%	SCRAMBLED EGG PATTY, MILK 1%
Lunch	MEATLOAF (VO-VEGGIE MEATBALL), MASHED POTATOES, PINEAPPLE, MILK 1%	BEEF RIBLET PATTY (VO-FALAFEL), CORN , MANDARIN ORANGES, MILK 1%	WG TURKEY TACO (VO-VEGGIE TACO) , CARROTS , PEARS, MILK 1%	WHOLE GRAIN CHICKEN PATTY (VO-VEGGIE NUGGET) , BROCCOLI FLORETS, FRESH/FROZEN MELON , MILK 1%	CHEESE RAVIOLETTI (V), SPAGHETTI SAUCE, SWEET PEAS , DICED PEACHES, MILK 1%
P.M. Snack	WG SOFT PRETZEL ROD , CHEDDAR CHEESE SAUCE	WG GRANOLA BITES	GRAHAM CRACKERS, APPLE BUTTER	FRESH APPLE , SUNBUTTER OR SOYBUTTER	WG WAFFLE GRAHAMS (APPLE CINN or STRAWBERRY)
Week Beginning on March 16, 2020					
A.M. Snack	HONEY GRAHAM SQUARES CEREAL, MILK 1%	TASTEEO CEREAL, MIXED BERRIES, MILK 1%	WHOLE GRAIN WAFFLE , SLICED STRAWBERRIES , MILK 1%	WHOLE WHEAT TOAST SLICE , APPLE BUTTER, MILK 1%	YOGURT, DICED MANGO , MILK 1%
Lunch	SWEET & SOUR DICED TURKEY (VO-VEGGIE STRIPS), BROWN RICE , MIXED VEG, SLICED STRAWBERRIES , MILK 1%	TOMATO SOUP AND GRILLED CHEESE SANDWICH (V), PEACHES , MILK 1%	WHOLE GRAIN PIZZA (V) , FRESH TOSSED SALAD , RANCH DRESSING, BLUEBERRIES , MILK 1%	BEEF NUGGETS (VO-VEGGIE NUGGETS), WHOLE GRAIN SLIDER , STRINGBEANS , APPLESAUCE, MILK 1%	POLLOCK STICK FISH TACO (VO-Falafel) ON WG TORTILLA , COLE SLAW, DICED PEACHES, MILK 1%
P.M. Snack	COLBY JACK CHEESE STICK, WG TRISCUITS	WG WAFFLE GRAHAMS	FRESH APPLE , SUNBUTTER OR SOYBUTTER	SLICED CUCUMBERS WITH RANCH DRESSING , MOZZARELLA STRING CHEESE	WG MAPLE BITES , APPLESAUCE
Week Beginning on March 23, 2020					
A.M. Snack	RICE KRISPIES CEREAL, BERRIES , MILK 1%	WHOLE GRAIN PANCAKE , MIXED BERRIES, MILK 1%	MINI WG BAGEL , STRAWBERRY PRESERVES , MILK 1%	CORN FLAKES CEREAL, SLICED BANANA , MILK 1%	WG BANANA MUFFIN , MILK 1%
Lunch	TURKEY CHILI (VO - Garden Burger) ON WHOLE WHEAT BUN , CORN , MANDARIN ORANGES, MILK 1%	WG CHICKEN NUGGETS (VO-VEGGIE NUGGETS) , BROCCOLI FLORETS, ORANGE SLICES , MILK 1%	WG PASTA (V) , BEEF CRUMBLES, STRINGBEANS , APPLESAUCE, MILK 1%	ZESTY ORANGE DICED CHICKEN (VO-VEGGIE STRIPS), BROWN RICE , PEACHES, MILK 1%	CHEESE QUESADILLA ON WHOLE WHEAT TORTILLA (V) , CARROTS, DICED PEARS, MILK 1%
P.M. Snack	WG GRANOLA BITES	FRESH APPLE , SUNBUTTER OR SOYBUTTER	HUMMUS, WG PITA	MOZZARELLA STRING CHEESE, WHEAT CRACKERS	WG STRAWBERRY YOGURT CHEX
Week Beginning on March 30, 2020					
A.M. Snack	WG CRANBERRY ORANGE MUFFIN , MILK 1%	WG BISCUIT , BLUEBERRIES , MILK 1%	WHOLE GRAIN MINI BAGEL , APPLE BUTTER, MILK 1%	FRENCH TOAST STICKS, BLUEBERRIES , MILK 1%	CHEF'S
Lunch	CHICKEN CHEESESTEAK (VO-VEGGIE MEATBALL), WHOLE WHEAT ROLL , PEAS, DICED PEARS, MILK 1%	GRILLED CHEESE ON WHEAT BREAD (V) , STRINGBEANS , SLICED STRAWBERRIES , MILK 1%	BBQ BEEF BRISKET SANDWICH (VO - Garden Burger) ON WHOLE WHEAT BUN , BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	SCRAMBLED EGG PATTY (V), MANDARIN ORANGES, DICED POTATOES, MILK 1%	CHOICE
P.M. Snack	BABY CARROTS , RANCH DRESSING	WHOLE GRAIN SPIKERZ RANCH CRACKERS , APPLESAUCE	SLICED CUCUMBERS , RANCH DRESSING, WHEAT THINS	WG SALTINES , COLBY JACK CHEESE STICK	DAY

MENU SUBJECT TO CHANGE