

Bethesda Country Day School September 2020 Menu

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

Red text = vegetarian option.

A.M. Snack	TASTEEOS CEREAL, BANANA, MILK 1%	ENGLISH MUFFING, STRAWBERRY PRESERVES, MILK 1%	CORN FLAKES CEREAL, BLUEBERRIE, MILK 1%	MUFFINGS, MILK 1%	RICE KRISPIS, MILK 1%
Lunch	BEEF NUGGETS (VO-VEGGIE NUGGETS), CORN, DICED PEACHES, MILK 1%	TURKEY CHILLI, MIXED VEGETABLES, FRESH FRUIT, MILK 1%	FISH STICKS (VO-VEGGIE BURGER), GREEN SALAD, CARROTS, MILK	TURKEY TACOS (VO-VEGGIE TACO) on TORTILLA, SHREDDED CHEESE, MILK 1%	WHOLE GRAIN PASTA (V), MARINARA SAUCE, MIXED VEGETABLES, MILK 1%
P.M. Snack	MOZZARELLA STRING CHEESE, WHEAT CRACKERS	CHEF CHOICE	STRAWBERRY WAFFLE, WATER	TOWNHOUSE CRACKERS, CHEESE SLICES	CHEF CHOICE
Week Beginning on September 7, 2020					
A.M. Snack	HAPPY	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	LABOR	BEEF RIBLET PATTY (VO-VEGGIE DOG), CORN, MANDARIN ORANGES, MILK 1%	WG TURKEY TACO (VO-VEGGIE TACO), SHREDDED LETTUCE, CARROTS, PEARS, MILK 1%	WHOLE GRAIN CHICKEN PATTY (VO-VEGGIE PATTY), BROCCOLI FLORETS, FRESH/FROZEN MELON, MILK 1%	CHEESE RAVIOLETTI (V), SPAGHETTI SAUCE, SWEET PEAS, DICED PEACHES, MILK 1%
P.M. Snack	DAY	WG GRANOLA BITES	GRAHAM CRACKERS, APPLE BUTTER	FRESH APPLE, SUNBUTTER OR SOYBUTTER	WG WAFFLE GRAHAMS (APPLE CINN or STRAWBERRY)
Week Beginning on September 14, 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	TURKEY SAUS/PEPP CALZONE (VO-CHEESE CALZONE), MIXED VEG, SLICED STRAWBERRIES, MILK 1%	GRILLED CHICKEN POCKET (VO - Gardein Chicken Strips), WHOLE GRAIN PITA, RANCH, PEACHES, MILK 1%	WHOLE GRAIN PIZZA (V), FRESH TOSSED SALAD, RANCH DRESSING, BLUEBERRIES, MILK 1%	BEEF NUGGETS (VO-VEGGIE NUGGET), WHOLE GRAIN SLIDER, STRINGBEANS, APPLESAUCE, MILK 1%	CRISPY FISH STICK TACO ON TORTILLA (VO-CHEESE QUESADILLA), SHREDDED LETTUCE, 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 September 21, 2020					
A.M. Snack	RICE KRISPIES CEREAL, BERRIES, MILK 1%	WHOLE GRAIN PANCAKE, MIXED BERRIES, MILK 1%	MINI WG BAGEL, CREAM CHEESE, 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 NUGGET) BROCCOLI FLORETS, ORANGE SLICES, MILK 1%	WG PASTA (V), BEEF CRUMBLES, STRINGBEANS, APPLESAUCE, MILK 1%	ZESTY ORANGE DICED CHICKEN (VO-FALAFEL), BROWN RICE, PEACHES, MILK 1%	CHEESE QUESADILLA ON WHOLE WHEAT TORTILLA (V), CARROTS, DICED PEARS, MILK 1%
P.M. Snack	WG GRANOLA BITES	BABY CARROTS, RANCH DRESSING	HUMMUS, WG PITA	MOZZARELLA STRING CHEESE, WHEAT CRACKERS	WG STRAWBERRY YOGURT CHEX
Week Beginning on September 28, 2020					
A.M. Snack	WG CRANBERRY ORANGE MUFFIN, MILK 1%	TASTEEOS CEREAL, BANANA, MILK 1%	WHOLE GRAIN MINI BAGEL, APPLE BUTTER, MILK 1%	WG FRENCH TOAST BITES, BLUEBERRIES, MILK 1%	APPLE CINNAMON MUFFIN, MILK 1%
Lunch	CHICKEN CHEESESTEAK (VO-VEGGIE PATTY), WHOLE WHEAT ROLL, PEAS, DICED PEARS, MILK 1%	GRILLED CHEESE ON WHEAT BREAD (V), STRINGBEANS, SLICED STRAWBERRIES, MILK 1%	BBQ CHIC QUESADILLA (VO - Garden Burger), BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	SCRAMBLED EGG PATTY (VO-CHEESE QUESADILLA), MANDARIN ORANGES, DICED POTATOES, MILK 1%	DICED TURKEY HAM (VO-VEGGIE DOG), MASHED POTATOES, PINEAPPLE, MILK 1%
P.M. Snack	WG WAFFLE GRAHAMS, APPLE	WHOLE GRAIN SPIKERZ RANCH CRACKERS, APPLESAUCE	SLICED CUCUMBERS, RANCH DRESSING, WHEAT THINS	WG SALTINES, COLBY JACK CHEESE STICK	WG SOFT PRETZEL ROD, CHEDDAR CHEESE SAUCE

***** MENU SUBJECT TO CHANGE *****