

Bethesda Country Day School May 2021 Menu

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

Red text = vegetarian option.

Week Beginning on May 3, 2021					
A.M. Snack	YOGURT, DICED MANGO , MILK 1%	RICE KRISPIES CEREAL, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN , APPLE BUTTER, BLUEBERRIES , MILK 1%	WG BLUEBERRY WAFFLE , MIXED BERRIES , MILK 1%	WG FRENCH TOAST STICKS , MILK 1%
Lunch	GRILLED CHEESE ON WHEAT , STRINGBEANS, DICED PEACHES, MILK 1%	WG PIZZA , MIXED VEGGIES , DICED PEARS, MILK 1%	RICE & BEAN BOWL, MANDARIN ORANGES, MILK 1%	WHOLE GRAIN CHICKEN PATTY (VO-VEGGIE NUGGETS) , BROCCOLI FLORETS , APPLESAUCE, MILK 1%	PENNE PASTA WITH SAUCE, PARMASEAN CHEESE, DICED PEACHES, MILK 1%
P.M. Snack	WG VEGGIE & BEAN CRACKERS	WG GRANOLA BITES	GRAHAM CRACKERS, APPLE BUTTER	FRESH APPLE , SUNBUTTER OR SOYBUTTER	MOZZARELLA STRING CHEESE, WHEAT THIN CRACKERS
Week Beginning on May 10, 2021					
A.M. Snack	HONEY GRAHAM SQUARES CEREAL, MILK 1%	TASTEEO CEREAL, MIXED BERRIES , MILK 1%	WG MAPLE WAFFLE , SLICED STRAWBERRIES , MILK 1%	SCRAMBLED EGG PATTY, MILK 1%	WHOLE WHEAT TOAST SLICE , APPLE BUTTER, MILK 1%
Lunch	TURKEY PEPPERONI POCKET (VO-FALAFEL), MIXED VEG , SLICED STRAWBERRIES , MILK 1%	GRILLED CHICKEN NUGGETS (VO - Gardein Chicken Strips), PEARS, CORN, MILK 1%	WG TURKEY TACO MEATLOAF (VO-VEGGIE TACO) , MASHED POTATOES, PEARS, MILK 1%	JUMBO CHEESE RAVIOLI, SPAGHETTI SAUCE, SWEET PEAS , DICED PEACHES, MILK 1%	WG CHICKEN TACOS (VO-VEGGIE TACO) , STRINGBEANS, APPLESAUCE, MILK 1%
P.M. Snack	COLBY JACK CHEESE STICK, WG TRISCUITS	WG SOFT PRETZEL ROD , CHEDDAR CHEESE SAUCE	FRESH APPLE , SUNBUTTER OR SOYBUTTER	WG SOFT BAKED OATMEAL COOKIE	SLICED CUCUMBERS WITH RANCH DRESSING , MOZZARELLA STRING CHEESE
Week Beginning on May 17, 2021					
A.M. Snack	WHOLE GRAIN PANCAKE , MIXED BERRIES , MILK 1%	RICE KRISPIES CEREAL, BERRIES , MILK 1%	MINI WG BAGEL , STRAWBERRY PRESERVES, MILK 1%	CORN FLAKES CEREAL, SLICED BANANA , MILK 1%	WG BANANA MUFFIN , MILK 1%
Lunch	TURKEY BURGER (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 , STRINGBEANS, APPLESAUCE, MILK 1%	ZESTY ORANGE DICED CHICKEN (VO-FALAFEL), BROWN RICE , PEACHES, MILK 1%	CHEESE QUESADILLA ON WHOLE WHEAT TORTILLA , CARROTS, DICED PEARS, MILK 1%
P.M. Snack	ANIMAL CRACKERS	FRESH APPLE , SUNBUTTER OR SOYBUTTER	HUMMUS, WG PITA	MOZZARELLA STRING CHEESE, WHEAT THIN CRACKERS	WG PIZZA CRACKERS
Week Beginning on May 24, 2021					
A.M. Snack	WG CRANBERRY ORANGE MUFFIN , MILK 1%	TASTEEO CEREAL, BANANA , MILK 1%	WG MINI BAGEL , APPLE BUTTER, MILK 1%	WG FRENCH TOAST STICKS , BLUEBERRIES , MILK 1%	APPLE CINNAMON MUFFIN, MILK 1%
Lunch	CHICKEN CHEESESTEAK (VO-GRILLED CHEESE), WHOLE WHEAT ROLL , PEAS, DICED PEARS, MILK 1%	WG MOZZARELLA STICKS , SPAGHETTI SAUCE, STRINGBEANS, SLICED STRAWBERRIES , MILK 1%	CHIC & CHEESE QUESADILLA (VO - GARDEN BURGER), APPLESAUCE, MILK 1%	SCRAMBLED EGG PATTY, MANDARIN ORANGES, DICED POTATOES, MILK 1%	DICED TURKEY HAM (VO-VEGGIE LEANIE), MASHED POTATOES, PINEAPPLE, MILK 1%
P.M. Snack	BABY CARROTS , RANCH DRESSING	CHEEZIT CRACKERS	SLICED CUCUMBERS , RANCH DRESSING, WHEAT THINS	SALTINE CRACKERS, COLBY JACK CHEESE STICK	WG SOFT PRETZEL ROD , CHEDDAR CHEESE SAUCE
Week Beginning on May 31, 2021					
A.M. Snack	WG MUFFIN	CORN FLAKES CEREAL, MILK 1%	WG BISCUIT , BLUEBERRIES , MILK 1%	WHOLE GRAIN PANCAKE , BERRIES , MILK 1%	TASTEEO CEREAL, BANANA , MILK 1%
Lunch	TURKEY SAUSAGE PATTY (VO-GARDEN BURGER), HASHBROWN PATTY, TROPICAL FRUIT, MILK 1%	GRILLED CHIC NUGGETS (VO- VEGGIE NUGGET) W/HONEY MUSTARD, WG SLIDER , TATER TOTS, APPLESAUCE, MILK 1%	MAC N CHEESE, STRINGBEANS , PEARS, MILK 1%	DICED CHICKEN CEASAR SALAD (VO-FALAFEL), CORN, SLICED STRAWBERRIES , MILK 1%	PIEROGIES, MIXED VEG , FRUIT COCKTAIL, MILK 1%
P.M. Snack	WG WHEAT THIN CRACKERS	VANILLA YOGURT, MIXED BERRIES	WG GOLDFISH CRACKERS	TOWNHOUSE CRACKERS, CHEESE SLICES	WG SOFT BAKED OATMEAL COOKIE

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