

**Bethesda Country Day School August 2021 Menu**  
**Green text = fresh or frozen produce, wheat, whole-grain, & multi-grain items.**  
**Red text = vegetarian option.**

Week Beginning on August 2, 2021					
A.M. Snack	WG CRANBERRY ORANGE MUFFIN, MILK 1%	TASTEEOS 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), BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	SCRAMBLED EGG PATTY, MANDARIN ORANGES, DICED POTATOES, MILK 1%	DICED TURKEY HAM (VO-FALAFEL), 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 August 9, 2021					
A.M. Snack	WG CORN MUFFIN, MILK 1%	CORN FLAKES CEREAL, MILK 1%	WG BISCUIT, BLUEBERRIES, MILK 1%	WHOLE GRAIN PANCAKE, BERRIES, MILK 1%	TASTEEOS CEREAL, BANANA, MILK 1%
Lunch	SUNBUTTER & JELLY SANDWCH, DICED CARROTS, DICED MANGO, MILK 1%	GRILLED CHIC NUGGETS W/HONEY MUSTARD (VO-VEGGIE NUGGETS), WG SLIDER, TATER TOTS, APPLESAUCE, MILK 1%	MAC N CHEESE, STRINGBEANS, PEARS, MILK 1%	DICED CHICKEN CEASAR SALAD, , SLICED STRAWBERRIES, MILK 1%	PIEROGIES, MIXED VEG, FRUIT COCKTAIL, MILK 1%
P.M. Snack	WG PIZZA CRACKERS	WG GOLDFISH CRACKERS	VANILLA YOGURT, MIXED BERRIES	TOWNHOUSE CRACKERS, CHEESE SLICES	WG SOFT BAKED OATMEAL COOKIE
Week Beginning on August 16, 2021					
A.M. Snack	YOGURT, DICED MANGO, MILK 1%	RICE KRISPIES CEREAL, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUBERRIES, MILK 1%	WG BLUEBERRY WAFFLE, MIXED BERRIES, MILK 1%	WG FRENCH TOAST STICKS, MILK 1%
Lunch	GRILLED CHEESE ON WHEAT BREAD, STRINGBEANS, DICED PEACHES, MILK 1%	WG PIZZA, MIXED VEGGIES, DICED PEARS, MILK 1%	RICE & BEAN BOWL, CORN, MANDARIN ORANGES, MILK 1%	WHOLE GRAIN CHICKEN PATTY (VO-GARDEN BURGER), BROCCOLI FLORETS, APPLESAUCE, MILK 1%	CHICKEN TACO (VO-VEGGIE TACO), SHREDDED LETTUCE, 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 August 23, 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-GRILLED CHEESE), MIXED VEG, SLICED STRAWBERRIES, MILK 1%	GRILLED CHICKEN NUGGETS (VO - GARDEN CHICKEN STRIPS), PEARS, CORN, MILK 1%	TURKEY TACO MEATLOAF (VO-FALAFEL), MASHED POTATOES, PEARS, MILK 1%	JUMBO CHEESE RAVIOLI, SPAGHETTI SAUCE, SWEET PEAS, DICED PEACHES, MILK 1%	TURKEY BURGER ON WG BUN (VO- VEGGIE PATTY), 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 August 30, 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 HAM & CHEESE ON WG BREAD (VO-GRILLED CHEESE), 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-VEGGIE NUGGET), 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

\*Menu Subject to change\*