

Bethesda Country Day School July 2021 Menu

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

Red text = vegetarian option.

Week Beginning on June 28, 2021					
Week Beginning on July 5, 2021					
A.M. Snack	HAPPY	CORN FLAKES CEREAL, MILK 1%	WG BISCUIT, BLUEBERRIES, MILK 1%	WHOLE GRAIN PANCAKE, BERRIES, MILK 1%	TASTEOS CEREAL, BANANA, MILK 1%
Lunch	JULY	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 (VO-CEASAR SALAD), CORN, SLICED STRAWBERRIES, MILK 1%	PIEROGIES, MIXED VEG, FRUIT COCKTAIL, MILK 1%
P.M. Snack	4th!!	WG GOLDFISH CRACKERS	VANILLA YOGURT, MIXED BERRIES	TOWNHOUSE CRACKERS, CHEESE SLICES	WG SOFT BAKED OATMEAL COOKIE
Week Beginning on July 12, 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, 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-VEGGIE NUGGETS), BROCCOLI FLORETS, APPLESAUCE, MILK 1%	CHICKEN TACOS (VO-VEGGIE TACOS), 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 July 19, 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, MIXED VEG, PEARS, MILK 1%	GRILLED CHICKEN NUGGETS (VO - Gardein Chicken Strips), STRAWBERRIES, CORN, MILK 1%	TURKEY TACO, LETTUCE, CHEESE (VO-VEGGIE TACO), MASHED POTATOES, PEARS, MILK 1%	JUMBO CHEESE RAVIOLI, SPAGHETTI SAUCE, SWEET PEAS, DICED PEACHES, MILK 1%	WG PASTA WITH MARINARA SAUCE, 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 July 26, 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 HAWAIIAN SLIDER, 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

*** MENU SUBJECT TO CHANGE ***