

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

**Red text = vegetarian option.**

Week Beginning on September 27, 2021					
A.M. Snack	HONEY GRAHAM SQUARES CEREAL, MILK 1%	TASTEEO CEREAL, MIXED BERRIES, MILK 1%	WG MAPLE WAFFLE, MILK 1%	SCRAMBLED EGG PATTY, MILK 1%	WHOLE WHEAT TOAST SLICE, APPLE BUTTER, MILK 1%
Lunch	TURKEY PEPPERONI CALZONE (VO-GRILLED CHEESE), MIXED VEG, SLICED STRAWBERRIES, MILK 1%	GRILLED CHICKEN NUGGETS (VO - Gardein Chicken Strips), PEARS, CORN, MILK 1%	TURKEY TACO SHREDDED LETTUCE, SHREDDED CHEESE, PINEAPPLE, MILK 1%	JUMBO CHEESE RAVIOLI, SPAGHETTI SAUCE, SWEET PEAS, DICED PEACHES, MILK 1%	CHEF'S CHOICE
P.M. Snack	COLBY JACK CHEESE STICK, WG TRISCUITS	PRETZEL WHEELS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	WG SOFT BAKED OATMEAL COOKIE	SLICED CUCUMBERS WITH RANCH DRESSING, MOZZARELLA STRING CHEESE
Week Beginning on October 4, 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 (VO-GRILLED CHEESE), CORN, MANDARIN ORANGES, MILK 1%	WG CHICKEN NUGGETS (VO - VEGGIE NUGGETS), BROCCOLI FLORETS, ORANGE SLICES, MILK 1%	WG PASTA WITH SPAGHETTI SAUCE, 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 October 11, 2021					
A.M. Snack	WG OATMEAL BAR	TASTEEOS CEREAL, BLUEBERRIES, MILK 1%	WG MINI BAGEL, APPLE BUTTER, MILK 1%	WG FRENCH TOAST STICKS, BANANA, MILK 1%	APPLE CINNAMON MUFFIN, MILK 1%
Lunch	BBQ CHICKEN HAWAIIAN SLIDER (VO-GRILLED CHEESE), BROWN RICE, PINEAPPLE, MILK 1%	WG MOZZARELLA STICKS, SPAGHETTI SAUCE, STRINGBEANS, DICED PEARS, MILK 1%	CHIC & CHEESE QUESADILLA (VO - Garden Burger), BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	SCRAMBLED EGG PATTY, MANDARIN ORANGES, HASHBROWN MILK 1%	DICED TURKEY HAM (VO-VEGGIE NUGGET), MASHED POTATOES, DICED PEACHES, MILK 1%
P.M. Snack	WG ED	CHEEZIT CRACKERS	SLICED CUCUMBERS, RANCH DRESSING, WHEAT THINS	CRACKERS, COLBY JACK CHEESE STICK	WG SOFT PRETZEL ROD, CHEDDAR CHEESE SAUCE
Week Beginning on October 18, 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 NUGGET), 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	WG PIZZA CRACKERS	WG GOLDFISH CRACKERS	VANILLA YOGURT, MIXED BERRIES	TOWNHOUSE CRACKERS, CHEESE SLICES	WG SOFT BAKED OATMEAL COOKIE
Week Beginning on October 25, 2021					
A.M. Snack	YOGURT, DICED MANGO, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUBERRIES, MILK 1%	RICE KRISPIES CEREAL, 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, SALAD, DICED PEARS, MILK 1%	RICE & BEAN BOWL, MANDARIN ORANGES, MILK 1%	WHOLE GRAIN CHICKEN PATTY (VO-VEGGIE BURGER), BROCCOLI FLORETS, APPLESAUCE, MILK 1%	TURKEY BURGER (VO-VEGGIE LEANIE), CORN, DICED PEACHES, MILK 1%
P.M. Snack	WG VEGGIE & BEAN CRACKERS	GRAHAM CRACKERS, APPLE BUTTER	WG GRANOLA BITES	FRESH APPLE, SUNBUTTER OR SOYBUTTER	MOZZARELLA STRING CHEESE, WHEAT THIN CRACKERS

\*\*\*menu subject to change\*\*\*