

Bethesda Country Day School September 2021 Menu

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

Red text = vegetarian option.

Week Beginning on August 30, 2021

A.M. Snack	RICE KRISPIES CEREAL, BERRIES , MILK 1%	WHOLE GRAIN PANCAKE, MIXED 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, 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 September 6, 2021

A.M. Snack	HAPPY	TASTEEOS CEREAL, BLUEBERRIES, MILK 1%	WG MINI BAGEL, CREAM CHEESE, MILK 1%	WG FRENCH TOAST STICKS , MILK 1%	BLUEBERRY MUFFIN, MILK 1%
Lunch	LABOR	WG MOZZARELLA STICKS, SPAGHETTI SAUCE, STRINGBEANS, SLICED STRAWBERRIES, MILK 1%	CHIC & CHEESE QUESADILLA (VO - CHEESE QUESADILLA), BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	SCRAMBLED EGG PATTY, MANDARIN ORANGES, HASH BROWN PATTY, MILK 1%	DICED TURKEY HAM, MASHED POTATOES, PINEAPPLE, MILK 1%
P.M. Snack	DAY!	CHEEZIT CRACKERS	SLICED CUCUMBERS, RANCH DRESSING, WHEAT THINS	CRACKERS, COLBY JACK CHEESE STICK	WG SOFT PRETZEL ROD, CHEDDAR CHEESE SAUCE

Week Beginning on September 13, 2021

A.M. Snack	WG CORN MUFFIN, MILK 1%	WG BISCUIT, BLUEBERRIES, MILK 1%	CORN FLAKES CEREAL, 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, CORN, SLICED STRAWBERRIES, MILK 1%	PIEROGIES, MIXED VEG, FRUIT COCKTAIL, MILK 1%
P.M. Snack	WG PIZZA CRACKERS	VANILLA YOGURT, MIXED BERRIES	WG GOLDFISH CRACKERS	TOWNHOUSE CRACKERS, CHEESE SLICES	WG SOFT BAKED OATMEAL COOKIE

Week Beginning on September 20, 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, SALAD, DICED PEARS, MILK 1%	RICE & BEAN BOWL, MANDARIN ORANGES, MILK 1%	WHOLE GRAIN CHICKEN PATTY, BROCCOLI FLORETS, APPLESAUCE, MILK 1%	CHICKEN TACO, 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 September 27, 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, SLICED STRAWBERRIES, MILK 1%	GRILLED CHICKEN NUGGETS (VO - Gardein Chicken Strips), PEARS, CORN, MILK 1%	TURKEY TACO, SHREDDED LETTUCE, SHREDDED CHEESE, PEARS, MILK 1%	JUMBO CHEESE RAVIOLI, SPAGHETTI SAUCE, SWEET PEAS, DICED PEACHES, MILK 1%	TURKEY BURGER (VO-GARDEN BURGER, 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

*** MENU SUBJECT TO CHANGE ***