

Bethesda Country Day School November 2021 Menu

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

Red text = vegetarian option.

Week Beginning on November 1, 2021

A.M. Snack	HONEY GRAHAM SQUARES CEREAL, MILK 1%	TASTEEO CEREAL, MIXED BERRIES, MILK 1%	WG MAPLE WAFFLE, MILK 1%	WHOLE WHEAT TOAST SLICE, APPLE BUTTER, MILK 1%	WAFFLE STICKS, MILK 1%
Lunch	ROTINI PASTA, SPAGHETTI SAUCE, MIXED VEG, DICED PINEAPPLES, MILK 1%	GRILLED CHICKEN NUGGETS (VO - Gardein Chicken Strips), FRUIT SALAD, GREEN BEANS, MILK 1%	TURKEY TACO (VO-VEGGIE TACO), SHREDDED LETTUCE, PEARS, MILK 1%	JUMBO CHEESE RAVIOLI, SPAGHETTI SAUCE, SWEET PEAS, DICED PEACHES, MILK 1%	WG CHICKEN PATTY (VO-VEGGIE PATTY), CORN, APPLESAUCE, MILK 1%
P.M. Snack	COLBY JACK CHEESE STICK, WG TRISCUITS	PRETZELS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	WG SOFT BAKED OATMEAL COOKIE	SLICED CUCUMBERS WITH RANCH DRESSING, MOZZARELLA STRING CHEESE

Week Beginning on November 8, 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, 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

Week Beginning on November 15, 2021

A.M. Snack	WG OATMEAL BAR	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	BBQ CHICKEN HAWAIIAN SLIDER (VO-GARDEN STRIPS) PINEAPPLE, MILK 1%	WG MOZZARELLA STICKS, SPAGHETTI SAUCE, STRINGBEANS, DICED PEARS, MILK 1%	CHIC & CHEESE QUESADILLA (VO - CHEESE QUESADILLA), APPLESAUCE, MILK 1%	SCRAMBLED EGG PATTY, MANDARIN ORANGES, HASHBROWN PATTY, MILK 1%	DICED TURKEY HAM (VO-FALAFEL), MASHED POTATOES, DICED PEACHES, MILK 1%
P.M. Snack	WG EDUCATION CRACKERS	CHEEZIT CRACKERS	SLICED CUCUMBERS, RANCH DRESSING, WHEAT THINS	CRACKERS, COLBY JACK CHEESE STICK	WG SOFT PRETZEL ROD, CHEDDAR CHEESE SAUCE

Week Beginning on November 22, 2021

A.M. Snack	WG CORN MUFFIN, MILK 1%	WG BISCUIT STRAWBERRY PRESERVES, MILK 1%	CORN FLAKES CEREAL, MILK 1%	HAPPY	HAPPY
Lunch	SUNBUTTER & JELLY SANDWCH, DICED CARROTS, DICED MANGO, MILK 1%	MAC N CHEESE, STRINGBEANS, PEARS, MILK 1%	SLICED TURKEY, MASHED POTATOES, GRAVY, GREEN BEANS, BIUSCUITS, CRANBERRY SAUCE, STUFFING, APPLE PIE AND PUMPKIN PIE	SCHOOL CLOSED	SCHOOL CLOSED
P.M. Snack	WG PIZZA CRACKERS	VANILLA YOGURT, MIXED BERRIES	WG GOLDFISH CRACKERS	THANKSGIVING!	THANKSGIVING

Week Beginning on November 29, 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%	RICE & BEAN BOWL, MANDARIN ORANGES, MILK 1%	WG PIZZA, SALAD WITH RANCH DRESSING, DICED PEARS, MILK 1%	WHOLE GRAIN CHICKEN PATTY (VO-VEGGIE NUGGET), BROCCOLI FLORETS, APPLESAUCE, MILK 1%	TURKEY BURGER (VO-VEGGIE PATTY), CORN, 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

MENU SUBJECT TO CHANGE