

## Bethesda Country Day School May 2022 Menu

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

Red text = vegetarian option.

Week Beginning on May 2, 2022					
A.M. Snack	WG MUFFIN, MILK 1%	CORN FLAKES CEREAL, MILK 1%	DUTCH APPLE YOGURT CUP, MILK 1%	WHOLE GRAIN PANCAKE, MIXED BERRIES, MILK 1%	RICE KRISPY CEREAL, SLICED BANANA, MILK 1%
Lunch	CHEESE QUESADILLA ON WHOLE WHEAT TORTILLA, CARROTS, DICED PEARS, 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%	WG FISH STICKS (VO-FALAFEL), MIXED VEG, SLICED STRAWBERRIES, MILK 1%
P.M. Snack	WG GRAHAM CRACKERS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	HUMMUS, WG PITA	MOZZARELLA STRING CHEESE, WHEAT THIN CRACKERS	WG TRISCUITS, AMERICAN OR CHEDDAR CHEESE SLICE
Week Beginning on May 9, 2022					
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%	HONEY GRAHAM SQUARES CEREAL, MILK 1%
Lunch	BBQ CHICKEN ,HAWAIIAN SLIDER, BROCCOLI, PINEAPPLE, MILK 1%	WG MOZZARELLA STICKS, SPAGHETTI SAUCE, STRINGBEANS, DICED PEARS, MILK 1%	CHIC & CHEESE QUESADILLA (VO - CHEESE QUESADILLA), BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	SCRAMBLED EGG PATTY, MANDARIN ORANGES, DICED POTATOES, MILK 1%	TURKEY HAM & CHEESE (VO-CHEESE SLIDER) ON WG HAWAIIAN SLIDER, CORN, FRUIT COCKTAIL, MILK 1%
P.M. Snack	WG BLUEBERRY LEMON CRISPS	CHEEZIT CRACKERS	SLICED CUCUMBERS, RANCH DRESSING, WHEAT THINS	YOGURT CUP, DICED MANGO	WG CHURRO CRACKERS
Week Beginning on May 16, 2022					
A.M. Snack	WG CORN LOAF, MILK 1%	CORN FLAKES CEREAL, MILK 1%	WG BISCUIT, BLUEBERRIES, MILK 1%	APPLE CINNAMON MUFFIN, MILK 1%	RICE KRISPIES CEREAL, BANANA, MILK 1%
Lunch	SUNBUTTER & JELLY SANDWCH, DICED CARROTS, MANDARIN ORANGE, MILK 1%	GRILLED CHIC NUGGETS W/HONEY MUSTARD, WG SLIDER, TATER TOTS, APPLESAUCE, MILK 1%	MAC N CHEESE, STRINGBEANS, PEARS, MILK 1%	DICED TURKEY HAM, MASHED POTATOES, DICED PEACHES, MILK 1%	WG EGG SCRAMBLER, HASHBROWN PATTY, FRUIT COCKTAIL, MILK 1%
P.M. Snack	WG PIZZA CRACKERS	WG CHEESE CRACKERS	VANILLA YOGURT, MIXED BERRIES	PRETZEL WHEELS	WG EDUCATIONAL CRACKERS
Week Beginning on May 23, 2022					
A.M. Snack	RICE KRISPIES CEREAL, MILK 1%	YOGURT, DICED MANGO, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUEBERRIES, MILK 1%	WG WAFFLE, MILK 1%	WG FRENCH TOAST STICKS, MILK 1%
Lunch	GRILLED CHEESE ON WHEAT, STRINGBEANS, DICED PEACHES, MILK 1%	WG PIZZA, SALAD WITH RANCH DRESSING, DICED PEARS, MILK 1%	RICE & BEAN BOWL, CORN, MANDARIN ORANGES, MILK 1%	WHOLE GRAIN CHICKEN PATTY (VO-VEGGIE NUGGET), BROCCOLI FLORETS, APPLESAUCE, MILK 1%	TURKEY BURGER (VO-GARDEN BURGER), CORN, DICED PEACHES, MILK 1%
P.M. Snack	WG VEGGIE CRACKERS	WG SUNRISE MAPLE BITES	GRAHAM CRACKERS, APPLE BUTTER	FRESH APPLE, SUNBUTTER OR SOYBUTTER	MOZZARELLA STRING CHEESE, WHEAT THIN CRACKERS
Week Beginning on May 30, 2022					
A.M. Snack	HAPPY	TASTEEO CEREAL, BLUEBERRIES, MILK 1%	WG WAFFLE, MILK 1%	SCRAMBLED EGG PATTY, MILK 1%	WHOLE WHEAT TOAST SLICE, APPLE BUTTER, MILK 1%
Lunch	MEMORIAL	GRILLED CHICKEN NUGGETS (VO - Gardein Chicken Strips), PEARS, CORN, MILK 1%	TURKEY MEATLOAF (VO-FALAFEL), MASHED POTATOES, FRUIT COCKTAIL, MILK 1%	JUMBO CHEESE RAVIOLI, SPAGHETTI SAUCE, SWEET PEAS, DICED PEACHES, MILK 1%	WG CHICKEN TENDERS (VO-GARDEN BURGER), STRINGBEANS, APPLESAUCE, MILK 1%
P.M. Snack	DAY!	PRETZEL WHEELS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	WG SOFT BAKED OATMEAL COOKIE	SLICED CUCUMBERS WITH RANCH DRESSING

\* \* \* Menu Subject to Change \* \* \*