

## BETHESDA COUNTRY DAY SCHOOL August 2022 Menu

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

Red text = vegetarian option.

Week Beginning on August 1, 2022					
A.M. Snack	CHEF'S CHOICE	RICE KRISPIES CEREAL, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, MILK 1%	WG WAFFLE, MILK 1%	WG FRENCH TOAST STICKS, MILK 1%
Lunch	GRILLED CHEESE ON WHEAT, STRINGBEANS, DICED PEACHES, MILK 1%	WG PIZZA, MIXED, SALAD, DICED PEARS, MILK 1%	Rice & BEAN BOWEL, MANDARIN ORANGES, MILK 1%	WHOLE GRAIN CHICKEN PATTY, (VO-Garden Nuggets), BROCCOLI FLORETS, APPLESAUCE, MILK 1%	TURKEY SAUSAGE PATTY ON WG BISCUIT, (Falafel), 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 August 8, 2022					
A.M. Snack	RICE KRISPIES CEREAL, BANANA, MILK 1%	WG CROISSANT, APPLEBUTTER, MILK 1%	WG WAFFLE, MILK 1%	SCRAMBLED EGG PATTY, MILK 1%	WG CEREAL, MIXED BERRIES, MILK 1%
Lunch	TUNA ON WG BREAD, BROCCOLI FLORETS, FRUIT COCKTAIL, MILK 1%	GRILLED CHICKEN NUGGETS (VO - Gardein Chicken Strips), PEARS, CORN, MILK 1%	TURKEY or BEEF MEATLOAF, (Falafel), MASHED POTATOES, PEARS, MILK 1%	JUMBO CHEESE RAVIOLI, SPAGHETTI SAUCE, SWEET PEAS, DICED PEACHES, MILK 1%	WG CHICKEN TENDERS, (VO-Garden Nuggets), STRINGBEANS, APPLESAUCE, MILK 1%
P.M. Snack	WG EDUCATIONAL CRACKERS	PRETZEL WHEELS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	WG SOFT BAKED OATMEAL COOKIE	SLICED CUCUMBERS WITH RANCH DRESSING
Week Beginning on August 15, 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 FISH STICKS, MIXED VEG, BLUEBERRIES, MILK 1%	ZESTY ORANGE DICED CHICKEN, (VO-veggie nuggets), BROWN RICE, PEACHES, MILK 1%	WG PASTA, STRINGBEANS, APPLESAUCE, 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 August 22, 2022					
A.M. Snack	WG OATMEAL BAR	TASTEEOS CEREAL, MILK 1%	WG MINI BAGEL, APPLE BUTTER, MILK 1%	WG FRENCH TOAST STICKS, 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-Garden Burger), BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	SCRAMBLED EGG PATTY, MANDARIN ORANGES, DICED POTATOES, MILK 1%	TURKEY HAM & CHEESE ON WG 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 August 29, 2022					
A.M. Snack	WG LOAF (APPLE CINN, CORN, or BLUEBERRY), MILK 1%	WG BISCUIT, MILK 1%	CORN FLAKES CEREAL, MILK 1%	CHEF'S	CLOSED
Lunch	SUNBUTTER & JELLY SANDWCH, DICED CARROTS, DICED MANGO, MILK 1%	GRILLED CHIC NUGGETS W/HONEY MUSTARD, (VO - veggie nuggets), TATER TOTS, APPLESAUCE, MILK 1	MAC N CHEESE, PEARS, MILK 1%	CHOICE	CLOSED
P.M. Snack	WG PIZZA CRACKERS	WG CHEESE CRACKERS	VANILLA YOGURT, MIXED BERRIES	DAY!	DAY!

\*\*\* Subject to change \*\*\*