

## Bethesda Country Day School - SEPTEMBER 2022 Menu

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

Red text = vegetarian option.

Week Beginning on September 5, 2022					
A.M. Snack	HAPPY	HONEY CHEERIOS CEREAL, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, <span style="color: green;">BLUBERRIES</span> , MILK 1%	<span style="color: green;">WG WAFFLE</span> , MILK 1%	<span style="color: green;">WG FRENCH TOAST STICKS</span> , MILK 1%
Lunch	LABOR	WG PIZZA, MIXED VEGGIES, DICED PEARS, MILK 1%	GRILLED CHEESE ON WHEAT, STRINGBEANS, DICED PEACHES, MILK 1%	<span style="color: green;">WHOLE GRAIN CHICKEN PATTY</span> ,(VO- <span style="color: red;">veggie nuggets</span> ) <span style="color: green;">BROCCOLI FLORETS</span> , APPLESAUCE, MILK 1%	<span style="color: green;">WG BEEF NUGGETS</span> , CORN, MANDARIN ORANGES, MILK 1%
P.M. Snack	DAY!	<span style="color: green;">WG SUNRISE MAPLE BITES</span>	GRAHAM CRACKERS, APPLE BUTTER	<span style="color: green;">FRESH APPLE</span> , SUNBUTTER OR SOYBUTTER	MOZZARELLA STRING CHEESE, <span style="color: green;">WHEAT THIN CRACKERS</span>
Week Beginning on September 12, 2022					
A.M. Snack	RICE KRISPIES CEREAL, <span style="color: green;">BANANA</span> , MILK 1%	<span style="color: green;">WG WAFFLE</span> , MILK 1%	<span style="color: green;">WG CROISSANT</span> , APPLEBUTTER, MILK 1%	SCRAMBLED EGG PATTY, MILK 1%	<span style="color: green;">WG CEREAL</span> , MIXED BERRIES, MILK 1%
Lunch	TUNA, ON WG BREAD, <span style="color: green;">STRING BEANS</span> , FRUIT COCKTAIL, MILK 1%	GRILLED CHICKEN NUGGETS (VO - <span style="color: red;">Gardein Chicken Strips</span> ), <span style="color: green;">PEARS</span> , CORN, MILK 1%	TURKEY or BEEF MEATLOAF, ( <span style="color: red;">falafel</span> ) MASHED POTATOES, PEARS, MILK 1%	JUMBO CHEESE RAVIOLI, SPAGHETTI SAUCE, <span style="color: green;">SWEET PEAS</span> , DICED PEACHES, MILK 1%	<span style="color: green;">WG CHICKEN TENDERS</span> ,(VO- <span style="color: red;">nuggets</span> ) STRINGBEANS, APPLESAUCE, MILK 1%
P.M. Snack	<span style="color: green;">WG EDUCATIONAL CRACKERS</span>	PRETZEL WHEELS	<span style="color: green;">FRESH APPLE</span> , SUNBUTTER OR SOYBUTTER	<span style="color: green;">WG SOFT BAKED OATMEAL COOKIE</span>	CHURRO CRUNCH N CRAVE CRACKERS
Week Beginning on September 19, 2022					
A.M. Snack	<span style="color: green;">WG MUFFIN</span> , MILK 1%	HONEY CHEERIOS CEREAL, MILK 1%	DUTCH APPLE YOGURT CUP, MILK 1%	WHOLE GRAIN PANCAKE, MIXED BERRIES, MILK 1%	RICE KRISPY CEREAL, <span style="color: green;">SLICED BANANA</span> , MILK 1%
Lunch	<span style="color: green;">WG FISH &amp; CHS NUGGETS</span> , MIXED VEG, FRUIT COCKTAIL, MILK 1%	<span style="color: green;">WG CHICKEN NUGGETS</span> (VO - <span style="color: red;">veggie nuggets</span> ), <span style="color: green;">BROCCOLI FLORETS</span> , <span style="color: green;">ORANGE SLICES</span> , MILK 1%	<span style="color: green;">WG PASTA</span> , STRINGBEANS, APPLESAUCE, MILK 1%	ZESTY ORANGE DICED CHICKEN, <span style="color: green;">BROWN RICE</span> , PEACHES, MILK 1%	SUNBUTTER & JELLY SANDWCH, DICED CARROTS, DICED PEARS, MILK 1%
P.M. Snack	<span style="color: green;">WG GRAHAM CRACKERS</span>	<span style="color: green;">FRESH APPLE</span> , SUNBUTTER OR SOYBUTTER	HUMMUS, <span style="color: green;">WG PITA</span>	MOZZARELLA STRING CHEESE, <span style="color: green;">WHEAT THIN CRACKERS</span>	<span style="color: green;">WG TRISCUITS</span> , AMERICAN OR CHEDDAR CHEESE SLICE
Week Beginning on September 26, 2022					
A.M. Snack	<span style="color: green;">WG OATMEAL BAR</span>	TASTEEOS CEREAL, <span style="color: green;">BANANA</span> , MILK 1%	<span style="color: green;">WG MINI BAGEL</span> , APPLE BUTTER, MILK 1%	HONEY GRAHAM SQUARES CEREAL, MILK 1%	CHEF'S
Lunch	BBQ CHICKEN ,HAWAII SLIDER, <span style="color: green;">BROCCOLI</span> , PINEAPPLE, MILK 1%	<span style="color: green;">WG MOZZARELLA STICKS</span> , SPAGHETTI SAUCE, STRINGBEANS, DICED PEARS, MILK 1%	CHIC & CHEESE QUESADILLA (VO - <span style="color: red;">Garden Burger</span> ), BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	GRILLED CHIC NUGGETS W/HONEY MUSTARD,(VO- <span style="color: red;">nuggets</span> ) <span style="color: green;">WG SLIDER</span> , TATER TOTS, MANDARIN ORANGES, MILK 1%	CHOICE
P.M. Snack	<span style="color: green;">WG BLUEBERRY LEMON CRISPS</span>	CHEEZIT CRACKERS	<span style="color: green;">SLICED CUCUMBERS</span> , RANCH DRESSING, <span style="color: green;">WHEAT THINS</span>	YOGURT CUP, <span style="color: green;">DICED MANGO</span>	DAY!

MENU SUBJECT TO CHANGE