

BETHESDA COUNTRY DAY SCHOOL **NOVEMBER 2022**

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
BREAKFAST:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable	Blueberries	Clementine	Canned Cinnamon Apples	Berries	Mixed Fruit
Grain/Meat ¹	WG Corn flakes cereal	WG Berry Loaf	Oatmeal Bar	WG Waffle	WG Cheerios
Extra					
LUNCH:					
	Pizza	Crunchy Chicken Wrap	Lil' Luau Slider	Cheesy Peasy	Corny Cowboy Poppers
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable ²	Clementine	Lettuce/Tomato	Pineapple	Banana	Pears
Vegetable	Broccoli	Sweet Potato Bites	Mixed Vegetables	Peas	Baked Beans
Grain	WG Crust	WG Tortilla	WG Hawaiian Roll	WG Mac & Cheese or WG Pasta w/ Cheese Sauce	WG Cornbread Poppers
Meat/Meat Alternate	Cheese	Breaded Chicken Patty or Veggie Nuggets	Beef Crumbles/ Cheese Slices	Turkey Ham	Diced Chicken or Veggie Nuggets
Extra		Ranch or Honey Mustard	Teriyaki Sauce		BBO Sauce
PM SNACK:					
			Tortilla Pinwheel		
Fruit		Applesauce		Apple Slices	Peach Cup
Vegetable			Shredded Carrots/Cucumber		
Grain	WG Goldfish Crackers	WG Maple Bites	WG Tortilla		Pretzels
Meat/Meat Alternate				Sunbutter	
Extra			Cream Cheese		

WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
BREAKFAST:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable	Pears	Peach Cup	Banana	Berries	Mixed Fruit
Grain/Meat ¹	WG Rice Krispy cereal	WG Bagel	Oatmeal Bar	WG Pancake	WG Honey Graham Squares Cereal
Extra		Cream Cheese			
LUNCH:					
	Pizza	Chicken Parm Sandwich	Beef Stroganoff	Deli Stackers	Baja Fish Taco
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable ²	Mandarin Oranges	Banana	Mixed Fruit	Apple Slices	Mango
Vegetable	String Beans	Broccoli	Peas	Sweet Potato Bites	Coleslaw
Grain	WG Crust	WG Roll	WG Pasta	WG Flatbread Stackers	WG Tortilla
Meat/Meat Alternate	Cheese	Breaded Chicken Patty or Veggie Nuggets	Beef Crumbles	Turkey Ham/Sliced Cheese	Fish Sticks
Extra		Tomato Sauce	Brown or Mushroom Gravy		
PM SNACK:					
Fruit	Applesauce				
Vegetable		Cucumbers & Ranch			
Grain	Animal Crackers	WG Wheat Cracker	WG Granola	WG Tortilla Chips/Salsa	WG All Sport Bites
Meat/Meat Alternate			Yogurt		

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.



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WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
BREAKFAST:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable	Pears	Applesauce	Banana	Berries	Mixed Fruit
Grain/Meat ¹	WG Honey Cheerios	WG Muffin	Oatmeal Bar	WG French Toast	WG Rice Krispy Cereal
Extra					
LUNCH:					
	Bean & Cheese Quesadilla	Chicken and Waffles	Pasta Italiano	Pineapple Ham	Chicken Stirfry
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable ²	Corn	Peaches	Apple Slices	Pineapple	Mandarin Oranges
Vegetable	Salsa	String Beans	Zucchini	Peas	Stir Fry Veggies
Grain	WG Tortilla	WG Waffle	WG Pasta	WG Hawaiian Roll	Rice
Meat/Meat Alternate	Black Beans/Shredded Cheese	Breaded Chicken Patty or Veggie Nuggets	Beef Crumbles	Warm Turkey Ham/ Sliced Cheese	Diced Chicken or Veggie Nuggets
Extra	Taco Seasoning		Pasta Sauce		Teriyaki or Soy Sauce
SNACK:					
Fruit		Mango		Raisins	
Vegetable					
Grain	Educational Crackers		WG Champs Crackers		WG Oatmeal Cookie
Meat/Meat Alternate		Yogurt		Cheese Stick	

WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
BREAKFAST:					
Milk	Milk 1%	Milk 1%	Milk 1%		
Fruit/Vegetable	Banana	Clementine	Canned Cinnamon Apples	CLOSED	CLOSED
Grain/Meat ¹	WG Corn Flakes	WG Berry Loaf	Oatmeal Bar		
Extra					
LUNCH:					
	Pizza	Crunchy Chicken Wrap	Thanksgiving Lunch		
Milk	Milk 1%	Milk 1%	Milk 1%		
Fruit/Vegetable ²	Clementine	Lettuce/Tomato	Cranberry Sauce	HAPPY	CLOSED
Vegetable	Broccoli	Sweet Potato Bites	Green Beans, Mashed Potatoes, Stuffing	THANKSGIVING	
Grain	WG Crust	WG Tortilla	WG Biscuit		
Meat/Meat Alternate	Cheese	Breaded Chicken Patty or Chicken Nuggets	Sliced Turkey, Turkey Gravy		
Extra		Ranch or Honey Mustard	Apple/ Pumpkin Pie		
PM SNACK:					
	Tortilla Pinwheel				
Fruit		Applesauce			
Vegetable	Shredded Carrots/Cucumber				
Grain	WG Tortilla	WG Maple Bites	WG Goldfish	CLOSED	CLOSED
Meat/Meat Alternate					
Extra	Cream Cheese				

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.