

BETHESDA COUNTRY DAY SCHOOL APRIL 2024

ALL HIGHLIGHTED BOXES ARE UPDATES

WEEK 1

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	4/1/2024	4/2/2024	4/3/2024	4/4/2024	4/5/2024
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable		Banana			
Grain	WG Cereal Oatmeal Bar	WG Rice Crisp Cereal	English Muffin	WG French Toast Stick	WG Apple Cinnamon Loaf
Extra/Protein			Sunbutter		
LUNCH:					
	Grilled Cheese	Chic/Veggie Eggrolls	Tacos	Chicken Patty	Pizza
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit	Fruit Cocktail	Applesauce	Diced Peas	Pineapple Tidbits	Diced Pears
Vegetable	Broccoli	Corn	Corn	Diced Carrots	Stringbeans
Grain		WG Eggroll	Turkey Taco Entrée		WG Pizza
Meat/Meat Alt	Grilled Cheese	Chicken	Shredded Cheese	WG Breaded Chicken Patty	
Extra					
PM SNACK:					
Milk/Water	Water	Water	Water	Water	Water
Fruit					Apple Slices
Vegetable			CHEF'S		
Grain	WG Straw Waffle Graham			Savory Wheat Bites	
Meat/Meat Alternate		Cheezit Crackers	CHOICE	String Cheese	Sunbutter
Extra					

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.



BETHESDA COUNTRY DAY SCHOOL APRIL 2024

WEEK 2

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	4/8/2024	4/9/2024	4/10/2024	4/11/2024	4/12/2024
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable		Frozen Berry Mix	Banana	Jelly	Mango
Grain	WG Toasted Oats Cereal	WG Rice Crisp Cereal	WG Pancake	English Muffin	Vanilla Yogurt
Extra/Protein					
LUNCH:					
	SB & J	Cheeseburger	Cheesy Mac	Stir Fry	Pasta W/Meat Sauce
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit	Diced Pears	Diced Peaches	Diced Peaches	Pineapple Tidbits	Fruit Cocktail
Vegetable	Tater Tots	Tater Tots	Sweet Peas	Broccoli	Mixed veggies
Grain	WG Bread	Wg Hamburger Roll	WG Elbow Macaroni	Rice	WG Pasta
Meat/Meat Alt	Sunbutter	Cheeseburger		Diced Chicken	Beef Crumble
Extra	Jelly		Cheese Sauce	Teriyaki or Sweet N Sour sauce	Marinara Sauce
PM SNACK:					
	"Chocolate" Covered Strawberries	Cuke Sandwich		Banana Sushi Roll	
Milk/Water	Water	Water	Water	Water	Water
Fruit			Strawberry Slices		
Vegetable		Cucumber Slices			
Grain	Shortbread Bites	WG Flatbread		Goldfish	Soft Pretzel Rod
Meat/Meat Alternate			Chocolate Hummus Cup		
Extra		Ranch			

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WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	4/15/2024	4/16/2024	4/17/2024	4/18/2024	4/19/2024
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable			Mango	Frozen Blueberries	
Grain		WG Spooner Cereal		Oatmeal	CHEF'S
Extra/Protein	WG Oatmeal Cereal Bar		Vanilla Yogurt		
LUNCH:					
	Turkey Wrap	Chef Salad	Chicken Dippers	Riblets	
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	CHOICE
Fruit	Diced Pears	Fruit Cocktail	Mandarin Oranges	Diced Peaches	
Vegetable	String Beans	Lettuce Mix	Mixed Veggies	Mashed Potatoes	
Grain	WG Tortilla				
Meat/Meat Alt	Turkey Slices/Amer Cheese	Dictd Turk Ham/Chedd Chs	Chicken Nuggets	Meatloaf	
Extra	Ranch	Ranch or Italian Dressing	Ketchup		
PM SNACK:					
Milk/Water	Water	Water	Water	Water	DAY!!
Fruit				Clementine	
Vegetable					
Grain	Animal Crackers	Granola	Townhouse Crackers	WG Champ Bites	
Meat/Meat Alternate		Vanilla Yogurt	String Cheese		
Extra					

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WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	4/22/2024	4/23/2024	4/24/2024	4/25/2024	4/26/2024
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable	Banana				Mixed Berries
Grain	WG Cereal	WG Cereal Bar	WG Waffle	WG Muffin	WG Pancake
Extra/Protein					
LUNCH:					
	Manwich Sloppy Joe	Breakfast For Lunch	Drummies	Crunchers	Fish Fry-day
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit	Fruit Cocktail	Diced Peaches	Diced Pears	Mandarin Oranges	Applesauce
Vegetable	Hashbrown Potato Patty	Sweet Peas	Diced Carrots	Stringbeans	Diced Carrots
Grain		WG Hamburger Roll			
Meat/Meat Alt	Scrambled Egg Round	Beef Crumbles	Chicken Drumsticks	Pizza Crunchers	WG Fish Shapes
Extra			Signature Sauce		
PM SNACK:					
	Cuke Sandwich	School Made Trail Mix	Zoo Dippers		
Milk/Water	Water	Water	Water	Water	Water
Fruit					
Vegetable					Fresh Veggie of Choice
Grain	School Made Trail Mix	Graham Crackers	Animal Crackers	Vanilla Wafers	
Meat/Meat Alternate					Ranch
Extra					

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