

BETHESDA COUNTRY DAY SCHOOL - MAY 2024

Revised: 4/30/24

MAY - WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	4/29/2024	4/30/2024	5/1/2024	5/2/2024	5/3/2024
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable					
Grain	WG Rice Crisp Cereal	English Muffin	WG French Toast Sticks	WG Cereal Oatmeal Bar	WG Apple Cinnamon Loaf
Extra/Protein	Sunbutter				
LUNCH:					
	Grilled Cheese	Chic/Veggie Eggrolls	Cheeseburger	Chicken Patty	Pizza
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit	Fruit Cocktail		Diced Peaches	Pineapple Tidbits	Diced Pears
Vegetable	Broccoli		Tater Tots	Diced Carrots	Stringbeans
Grain		CHEF'S CHOICE	WG Hamburger Roll		WG Pizza
Meat/Meat Alt	Grilled Cheese		Cheeseburger	WG Breaded Chicken Patty	
Extra					
PM SNACK:					
		"Lunchable" Stackable			Apple Dips
Milk/Water	Water	Water	Water	Water	Water
Fruit					Apple Slices
Vegetable					
Grain	WG Straw Waffle Graham	Cheezit Crackers	Crackers	Savory Wheat Bites	
Meat/Meat Alternate			Cheese	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 - MAY 2024

MAY - WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	5/6/2024	5/7/2024	5/8/2024	5/9/2024	5/10/2024
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable		Berry	1/2 Banana	Jelly	Mango
Grain	WG Toasted Oats Cereal	WG Pancake	WG Rice Crisp Cereal	English Muffin	Vanilla Yogurt
Extra/Protein					
LUNCH:					
	SB & J	Tostada Tuesday	Cheesy Mac	Stir Fry	Pasta W/Meat Sauce
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit	Diced Pears	Diced Pears	Diced Peaches	Pineapple Tidbits	Fruit Cocktail
Vegetable		Corn	Sweet Peas	Broccoli	Mixed veggies
Grain	WG Bread	WG Tortilla	WG Elbow Macaroni	Rice	WG Pasta
Meat/Meat Alt	Sunbutter	Turkey Taco Entrée		Diced Chicken	Beef Crumble
Extra	Jelly	Shredded Cheese	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	Goldfish	Strawberry Slices		Banana	
Vegetable					
Grain			Shortbread Bites	WG Tortilla	Soft Pretzel Rod
Meat/Meat Alternate		Chocolate Hummus Cup		Sunbutter	
Extra					

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MAY - WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	5/13/2024	5/14/2024	5/15/2024	5/16/2024	5/17/2024
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable		Mango			
Grain	WG Spooner Cereal	Vanilla Yogurt	WG Oatmeal Cereal Bar	Cereal	CHEF'S
Extra/Protein					
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	Dicd Turk Ham/Chedd Chs	Chicken Nuggets	Meat Loaf	
Extra	Ranch	Ranch or Italian Dressing	Ketchup or BBQ sauce		
PM SNACK:					
		Banana "Split"			
Milk/Water	Water	Water	Water	Water	DAY!!
Fruit		Banana (cut in half)		Clementine	
Vegetable					
Grain	Animal Crackers	Granola	Townhouse Crackers	WG Champ Bites	
Meat/Meat Alternate		Vanilla Yogurt	String Cheese		
Extra					

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BETHESDA COUNTRY DAY SCHOOL - MAY 2024

MAY - WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	5/20/2024	5/21/2024	5/22/2024	5/23/2024	5/24/2024
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable	Banana				Mixed Berries
Grain	WG Cereal	WG Cereal	WG Waffle	WG Muffin	WG Pancake
Extra/Protein					
LUNCH:					
		Manwich Sloppy Joe	Drummies	Crunchers	Fish Fry-day
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit	Diced Peaches	Fruit Cocktail	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		Manwich Sauce	Signature Sauce		
PM SNACK:					
	Cuke Sandwich	School Made Trail Mix	Zoo Dippers		
Milk/Water	Water	Water	Water	Water	Water
Fruit					
Vegetable	Cucumber Slices				Fresh Veggie of Choice
Grain	WG Flatbread Squares	School Made Trail Mix	Animal Crackers	Vanilla Wafers	
Meat/Meat Alternate	Ranch		Strawberry Yogurt		Ranch
Extra					

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MAY - WEEK 5					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	5/27/2024	5/28/2024	5/29/2024	5/30/2024	5/31/2024
AM SNACK:					
Milk	CLOSED	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable					Mixed Berries
Grain		WG Muffin	WG Waffle	WG Cereal	WG Pancake
Extra/Protein					
LUNCH:					
		Manwich Sloppy Joe	Drummies	Crunchers	Fish Fry-day
Milk	HAPPY MEMORIAL DAY!	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit		Fruit Cocktail	Diced Pears	Mandarin Oranges	Applesauce
Vegetable		Sweet Peas	Diced Carrots	Stringbeans	Diced Carrots
Grain		WG Hamburger Roll			
Meat/Meat Alt		Beef Crumbles	Chicken Drumsticks	Pizza Crunchers	WG Fish Shapes
Extra		Manwich Sauce	Signature Sauce		
PM SNACK:					
	CLOSED	School Made Trail Mix	Zoo Dippers		
Milk/Water		Water	Water	Water	Water
Fruit					
Vegetable					Fresh Veggie of Choice
Grain		School Made Trail Mix	Animal Crackers	Vanilla Wafers	
Meat/Meat Alternate			Strawberry Yogurt		Ranch
Extra					

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