

BETHESDA COUNTRY DAY SCHOOL APRIL 2025

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	3/31/2025	4/1/2025	4/2/2025	4/3/2025	4/4/2025
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit (Optional)		Fruit of Choice	Mango		1/2 Banana
Grain	WG Oatmeal Cereal Bar	WG Spooner Cereal	Vanilla Yogurt	Cinnamon Raisin Bread	WG Crispy Rice Cereal
Extra/Protein					
LUNCH:					
	Pasta	BBQ SLIDER	CHICKEN LO MEIN	PHILLY CHEESESTEAK	THAT'S A WRAP
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit	Diced Peaches	Applesauce	Diced Pears	Mandarin Oranges	Fruit Mix
Vegetable	Green Beans	Corn	Sweet peas	Tater Tots	Diced Carrots
Grain	Pasta	WG Slider	WG Spaghetti Noodles	WG Roll	WG Tortilla
Meat/Meat Alt		Bbq Shredded Chicken	Diced Chicken	Beef Steak	Turkey/Cheese
Extra			Teriyaki Sauce	Cheese	
PM SNACK:					
Fruit			Clementine		Applesauce
Vegetable		Cucumber Slices/Ranch			
Grain	Apple Cinn Graham Bears	WG Crackers	Sunrise Bites	Granola	WG Graham Crackers
Protein				Vanilla Yogurt	
Extra	Water	Water	Water	Water	Water
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	4/7/2025	4/8/2025	4/9/2025	4/10/2025	4/11/2025
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit (Optional)		Berries		Sliced Strawberries	
Grain	WG Cereal	WG Waffle	WG Muffin	WG Corn Flakes Cereal	WG Blueberry Loaf
Extra/Protein					
LUNCH:					
	MAC N CHEESE	FIESTA SALAD	CHICKEN PATTY	CHICKEN GRAIN BOWL	FISH STICKS
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit	Mandarin Oranges	Pineapple Tidbits	Diced Pears	Applesauce	Fruit Mix
Vegetable	Sweet Peas	Lettuce	Diced Carrots	Corn	Sweet Potato Fries
Grain		WG Tortilla		Brown Rice	
Meat/Meat Alt	Mac n Cheese	Turkey Taco Entrée	Chicken Patty	Roasted Chic Bites	WG Fish Sticks
Extra		Cheese			
PM SNACK:					
Fruit		Orange Slices	Apple Slices	Diced Mango	
Vegetable					
Grain	WG Pizza Crackers	Champ Bite Crackers		All Sport Bites	Education Crackers
Protein	String Cheese		Voy Hazelnut Free Spread		
Extra	Water	Water	Water	Water	Water
WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	4/14/2025	4/15/2025	4/16/2025	4/17/2025	4/18/2025
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	CHEF'S
Fruit (Optional)				1/2 Banana	
Grain	WG Cereal	WG Oatmeal Bae	WG Mini Bagel	WG Crispy Rice Cereal	
Extra/Protein			Cream Cheese		
LUNCH:					
	MAX STIX	TACO TUESDAY	CHICKEN DRUMMIES	BEEF & BROCCOLI	CHOICE
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	
Fruit	Applesauce	Diced Pears	Pineapple Tidbits	Diced Peaches	
Vegetable	Mixed Veggies	Corn	Green Beans	Broccoli	
Grain		WG Tortilla		Brown Rice	

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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Meat/Meat Alt	Pizza Max Stix	Turkey Taco Entrée	Chicken Drummies	Beef Steak	
Extra		Cheese	Signature Sauce	Teriyaki Sauce	

PM SNACK:

Fruit				Applesauce	DAY!
Vegetable					
Grain	WG Alphabet Crackers	Vanilla Wafers	Townhouse Crackers	Animal Crackers	
Protein	Banana Cinn Chickpea Butter	Strawberry Yogurt	Cheese Slice		
Extra	Water	Water	Water	Water	

WEEK 4

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	4/21/2025	4/22/2025	4/23/2025	4/24/2025	4/25/2025

AM SNACK:

Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit (Optional)	Berries	Sliced Strawberries	Blueberries		
Grain	WG Pancake Bites	WG Oatmeal	WG Toasted Oat Cereal	WG French Toast Stix	WG Cinnamon Cereal
Extra/Protein					

LUNCH:

	GRILLED CHEESE	BREAKFAST EMPANADA	CHEESEBURGER	PIZZA	CHICKEN TENDERS
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit	Diced Peaches	Diced Pears	Diced Pineapple	Fruit Mix	Mandarin Oranges
Vegetable	Broccoli Bites	Diced Carrots	Tater Tots	Green Beans	Mixed Veggies
Grain	WG Bread	WG Empanada	WG Bun	WG Crust	
Meat/Meat Alt	Cheese	Egg/Turk Saus/Cheese	Beef Patty	Pizza	Chicken Tenders
Extra			Cheese Slice		

PM SNACK:

Fruit		Diced Pears	Apple Slices		
Vegetable				Baby Carrots	
Grain	Wheat Thins	WG Goldfish			Churro Crackers
Protein	String Cheese		Cheese Cubes	Ranch	Vanilla Yogurt
Extra	Water	Water	Water	Water	Water

WEEK 5

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	4/28/2025	4/29/2025	4/30/2025	5/1/2025	5/2/2025

AM SNACK:

Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit (Optional)	Mango	Fruit of Choice			1/2 Banana
Grain	Vanilla Yogurt	WG Spooner Cereal	WG Oatmeal Cereal Bar	Cinnamon Raisin Bread	WG Crispy Rice Cereal
Extra/Protein					

LUNCH:

	VEGGIE BURGER	BBQ SLIDER	CHICKEN LO MEIN	PHILLY CHEESESTEAK	THAT'S A WRAP
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit	Diced Peaches	Applesauce	Diced Pears	Mandarin Oranges	Fruit Mix
Vegetable	Sweet peas	Corn	Sweet peas	Tater Tots	
Grain	WG Bun	WG Slider	WG Spaghetti Noodles	WG Roll	WG Tortilla
Meat/Meat Alt	Veggie Burger	Bbq Shredded Chicken	Diced Chicken	Beef Steak	Turkey/Cheese
Extra			Teriyaki Sauce	Cheese	

PM SNACK:

Fruit	Clementine			Diced Mango	Applesauce
Vegetable		Cucumber Slices/Ranch			
Grain	Sunrise Bites	WG Crackers	Apple Cinn Graham Bears		WG Graham Crackers
Protein				Vanilla Yogurt	
Extra	Water	Water	Water	Water	Water