

# BETHESDA COUNTRY DAY SCHOOL - AUGUST 2025

## WEEK 1

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	8/4/2025	8/5/2025	8/6/2025	8/7/2025	8/8/2025
<b>AM SNACK:</b>					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit (Optional)	Fruit of choice			1/2 Banana	
Grain	WG Cereal	WG Cereal Oatmeal Bar	WG Mini Bagel	WG Crispy Rice Cereal	WG Blueberry Loaf
Extra/Protein			Cream Cheese		
<b>LUNCH:</b>					
		<b>TACO TUESDAY</b>	<b>GRILLED CHEESE</b>	<b>BEEF &amp; BROCCOLI</b>	<b>THAT'S A WRAP</b>
Fruit	Applesauce	Diced Pears	Diced Peaches	Diced Peaches	Fruit Mix
Vegetable	Mixed Veggies	Salad	Broccoli Bites	Broccoli	Diced Carrots
Grain		WG Tortilla	WG Bread	Brown Rice	WG Tortilla
Meat/Meat Alt	Pizza	Turkey Taco Entrée	Cheese	Beef Steak	Turkey/Cheese
Extra		Cheese		Teriyaki Sauce	
<b>PM SNACK:</b>					
Fruit				Clementine	
Vegetable					
Grain	WG Alphabet Crackers	Vanilla Wafers	Townhouse Crackers	Animal Crackers	WG Graham Crackers
Protein		Strawberry Yogurt	Cheese Slice		
Extra					

## WEEK 2

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	8/11/2025	8/12/2025	8/13/2025	8/14/2025	8/15/2025
<b>AM SNACK:</b>					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit (Optional)	Berries		Sliced Strawberries		
Grain	Oatmeal Bar	WG Pancake Bites	WG Toasted Oat Cereal	WG French Toast Stix	WG Cereal
Extra/Protein					
<b>LUNCH:</b>					
	<b>CHICKEN DRUMMIES</b>	<b>BREAKFAST EMPANADA</b>	<b>CHEESEBURGER</b>	<b>PIZZA</b>	<b>CHICKEN TENDERS</b>
Fruit	Pineapple Tidbits	Diced Pears	Diced Pineapple	Fruit Mix	Mandarin Oranges
Vegetable	Green Beans	Diced Carrots	Tater Tots	Green Beans	Mixed Veggies
Grain		Spagetti w/Pasta Sauce	WG Bun	WG Crust	
Meat/Meat Alt	Chicken Drumsticks		Beef Patty	Pizza	Chicken Tenders
Extra	Signature Sauce		Cheese Slice		
<b>PM SNACK:</b>					
Fruit			Apple Slices		
Vegetable				Baby Carrots	
Grain	Wheat Thins	WG Goldfish			Churro Crackers
Protein	String Cheese		Cheese Cubes		Vanilla Yogurt
Extra				Ranch	

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 - AUGUST 2025

WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	8/18/2025	8/19/2025	8/20/2025	8/21/2025	8/22/2025
AM SNACK:					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	CHEF'S
Fruit (Optional)	Fruit of Choice	Fruit of Choice	Mango	Frozen Blueberries	
Grain	WG Spooner	WG Oatmeal Cereal Bar	Vanilla Yogurt	Cinnamon Raisin Bread	
Extra/Protein					
LUNCH:					
	CHICKEN NUGGETS	BBQ SLIDER	CHICKEN LO MEIN	PHILLY CHEESESTEAK	CHOICE
Fruit	Diced Peaches	Applesauce	Diced Pears	Mandarin Oranges	
Vegetable	String Beans	Corn	Sweet peas	Tater Tots	
Grain		WG Slider	WG Spaghetti Noodles	WG Roll	
Meat/Meat Alt		Bbq Shredded Chicken		Beef Steak	
Extra				Cheese	
PM SNACK:					
Fruit	Clementine				DAY!
Vegetable		Cucumber Slices/Ranch			
Grain	Apple Cinn Graham Bears	WG Crackers	Sunrise Bites	Granola	
Protein				Vanilla Yogurt	
Extra					

WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	8/25/2025	8/26/2025	8/27/2025	8/28/2025	8/29/2025
AM SNACK:					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
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
Fruit	Mandarin Oranges	Pineapple Tidbits	Diced Pears	Applesauce	Fruit Mix
Vegetable	Sweet Peas	Lettuce	Diced Carrots	Corn	Sweet Potato Fries
Grain		WG Tostada		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					

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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**Novick**  
CHILDCARE SOLUTIONS