

BETHESDA COUNTRY DAY SCHOOL - SEPTEMBER 2025

WEEK 1

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	9/1/2025	9/2/2025	9/3/2025	9/4/2025	9/5/2025
AM SNACK:					
Milk	CLOSED	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)				1/2 Banana	
Grain	Happy Labor Day!	WG Cereal Oatmeal Bar	WG Mini Bagel	WG Crispy Rice Cereal	WG Blueberry Loaf
Extra/Protein			Cream Cheese		
LUNCH:					
	CLOSED	TACO TUESDAY	CHICKEN DRUMMIES	BEEF & BROCCOLI	THAT'S A WRAP
Fruit		Diced Pears	Pineapple Tidbits	Diced Peaches	Fruit Mix
Vegetable		Lettuce	Green Beans	Broccoli	Diced Carrots
Grain	Happy Labor Day!	WG Tortilla		Brown Rice	WG Tortilla
Meat/Meat Alt		Turkey Taco Entrée	Chicken Drummies	Beef Steak	Turkey/Cheese
Extra		Cheese	Signature Sauce	Teriyaki Sauce	
PM SNACK:					
Fruit	CLOSED			Clementine	
Vegetable					
Grain	Happy Labor Day!	Vanilla Wafers	Townhouse Crackers	Animal Crackers	Cinnam WG Graham Crackers
Protein		Strawberry Yogurt	Cheese Slice		
Extra					

WEEK 2

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	9/8/2025	9/9/2025	9/10/2025	9/11/2025	9/12/2025
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)	Mixed Berries	Blueberries	Sliced Strawberries		
Grain	WG Pancake Bites	Oatmeal	WG Toasted Oat Cereal	WG French Toast Stix	WG Cinnamon Cereal
Extra/Protein					
LUNCH:					
	GRILLED CHEESE	BREAKFAST EMPANADA	CHEESEBURGER	PIZZA	CHICKEN TENDERS
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 Bun	WG Crust	
Meat/Meat Alt	Cheese	Pasta	Beef Patty	Pizza	Chicken Tenders
Extra			Cheese Slice		
PM SNACK:					
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.

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WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	9/15/2025	9/16/2025	9/17/2025	9/18/2025	9/19/2025
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		Mango		
Grain	WG Spooner Cereal	WG Oatmeal Cereal Bar	Vanilla Yogurt	Cinnamon Raisin Bread	
Extra/Protein				Cream Cheese	
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	WG Roll	
Meat/Meat Alt	Chicken Nuggets		Diced Chicken	Beef Steak	
Extra				Cheese	
PM SNACK:					
Fruit			Clementine	Diced Mango	DAY!
Vegetable		Cucumber Slices/Ranch			
Grain	Apple Cinn Graham Bears	WG Crackers	Sunrise Bites		
Protein				Vanilla Yogurt	
Extra					

WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	9/22/2025	9/23/2025	9/24/2025	9/25/2025	9/26/2025
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 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					

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 5					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	9/29/2025	9/30/2025	10/1/2025	10/2/2025	10/3/2025
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)	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		
LUNCH:					
	MAX STIX	TACO TUESDAY	CHICKEN DRUMMIES	BEEF & BROCCOLI	THAT'S A WRAP
Fruit	Applesauce	Diced Pears	Pineapple Tidbits	Diced Peaches	Fruit Mix
Vegetable	Mixed Veggies	Sweet peas	Green Beans	Broccoli	Diced Carrots
Grain		WG Tortilla		Brown Rice	WG Tortilla
Meat/Meat Alt	Pizza	Turkey Taco Entrée	Chicken Drumsticks	Beef Steak	Turkey/Cheese
Extra		Cheese	Signature Sauce	Teriyaki Sauce	
PM SNACK:					
Fruit				Clementine	Applesauce
Vegetable					
Grain	WG Alphabet Crackers	Vanilla Wafers	Townhouse Crackers	Animal Crackers	Cinnam WG Graham Crackers
Protein	Banana Cinn Chickpea Butter	Strawberry Yogurt	Cheese Slice		
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.