

BETHESDA COUNTRY DAY SCHOOL - OCTOBER MENU 2025

WEEK 1: November 29th - October 3rd

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	Cantaloupe
Grain	WG Cereal	WG Cereal Oatmeal Bar	WG Mini Bagel	WG Crispy Rice Cereal	WG Blueberry Loaf
Extra/Protein			Cream Cheese		
LUNCH:					
	PIZZA CRUNCHERS	TACO TUESDAY	CHICKEN DRUMMIES	BEEF & BROCCOLI	THAT'S A WRAP
Fruit	Applesauce	Diced Pears	Pineapple Tidbits	Diced Peaches	Fruit Mix
Vegetable	Mixed Veggies	Lettuce	Green Beans	Broccoli	Diced Carrots
Grain		WG Tortilla		Brown Rice	WG Tortilla
Meat/Meat Alt	Pizza Crunchers	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	WG Graham Crackers
Protein	Chocolate Chickpea Butter	Strawberry Yogurt	Cheese Slice		
Extra					

WEEK 2: October 6th - October 10th

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/6/2025	10/7/2025	10/8/2025	10/9/2025	10/10/2025
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	Blueberries	Sliced Strawberries		Diced Pears
Grain	WG Pancake Bites	Oatmeal Bar	WG Toasted Oat Cereal	WG French Toast Stix	WG Cereal
Extra/Protein					
LUNCH:					
	GRILLED CHEESE	CHICKEN NUGGETS	CHEESEBURGER	PIZZA	CHICKEN TENDERS
Fruit	Diced Peaches	Diced Pears	Diced Pineapple	Fruit Mix	Mandarin Oranges
Vegetable	Broccoli	Diced Carrots	Tater Tots	Green Beans	Mixed Veggies
Grain	WG Bread		WG Bun	WG Crust	
Meat/Meat Alt	Cheese	Chicken Nuggets	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: October 13th - October 17th

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/13/2025	10/14/2025	10/15/2025	10/16/2025	10/17/2025
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		Mango	Blueberries	Applesauce
Grain	WG Spooner Cereal	WG Oatmeal Cereal Bar	Vanilla Yogurt	Cinnamon Raisin Bread	WG Blueberry Loaf
Extra/Protein					
LUNCH:					
	PASTA	BBQ SLIDER	CHICKEN LO MEIN	PHILLY CHEESESTEAK	FISH STICKS
Fruit	Diced Peaches	Applesauce	Diced Pears	Mandarin Oranges	Fruit Mix
Vegetable	String Beans	Corn	Sweet peas	Tater Tots	Sweet Potato Fries
Grain	Pasta	WG Slider	WG Spaghetti	WG Roll	
Meat/Meat Alt		Bbq Shredded Chicken		Beef Steak	WG Fish Sticks
Extra				Cheese	
PM SNACK:					
Fruit			Clementine	Diced Mango	1/2 Banana
Vegetable		Cucumber Slices/Ranch			
Grain	Apple Cinn Graham Bears	WG Crackers	Sunrise Bites		Education Crackers
Protein				Vanilla Yogurt	
Extra					

WEEK 4: October 20th - October 24th

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/20/2025	10/21/2025	10/22/2025	10/23/2025	10/24/2025
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	Clementine	1/2 Banana	Sliced Strawberries	
Grain	WG Waffle	WG Muffin	WG Cereal	WG Corn Flakes Cereal	WG Blueberry Loaf
Extra/Protein					
LUNCH:					
	MAC N CHEESE	FIESTA SALAD	CHICKEN PATTY	CHICKEN GRAIN BOWL	THAT'S A WRAP
Fruit	Mandarin Oranges	Pineapple Tidbits	Diced Pears	Applesauce	Fruit Mix
Vegetable	Sweet Peas	Lettuce	Diced Carrots	Corn	Stringbeans
Grain		WG Tostada		Brown Rice	WG Tortilla
Meat/Meat Alt	Mac n Cheese	Turkey Taco Entrée	Chicken Patty	Roasted Chic Bites	Turkey/Cheese
Extra		Cheese			
PM SNACK:					
Fruit		Orange Slices	Apple Slices	Diced Mango	
Vegetable					
Grain	WG Pizza Crackers	Champ Bite Crackers		All Sport Bites	Cinnam WG Graham Crackers
Protein	String Cheese		Voy Hazelnut Free Spread		Vanilla Yogurt
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: October 27th - October 31th					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/27/2025	10/28/2025	10/29/2025	10/30/2025	10/31/2025
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			1/2 Banana	
Grain	WG Cereal	WG Cereal Oatmeal Bar	WG Mini Bagel	WG Crispy Rice Cereal	
Extra/Protein			Cream Cheese		
LUNCH:					
	PIZZA CRUNCHERS	TACO TUESDAY	CHICKEN DRUMMIES	BEEF & BROCCOLI	CHOICE
Fruit	Applesauce	Diced Pears	Pineapple Tidbits	Diced Peaches	
Vegetable	Mixed Veggies	Lettuce	Green Beans	Broccoli	HAPPY
Grain		WG Tortilla		Brown Rice	HALLOWEEN!
Meat/Meat Alt	Pizza Crunchers	Turkey Taco Entrée	Chicken Drumsticks	Beef Steak	
Extra		Cheese	Signature Sauce	Teriyaki Sauce	
PM SNACK:					
Fruit				Clementine	DAY!
Vegetable					
Grain	WG Alphabet Crackers	Vanilla Wafers	Townhouse Crackers	Animal Crackers	
Protein	Banana Cinn Chickpea Butter	Strawberry Yogurt	Cheese Slice		
Extra					