

August 2021

MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY


PLEASE NOTE

- Due to supply shortages nationwide, it may be necessary to change menus without notice; we appreciate your understanding.
- We are an Allergen-Friendly Kitchen.
- All vegetables are prepared with olive oil only.
- Please check daily menus for **Gluten-Free / Dairy-Free** options. **GF=Gluten-Free; DF=Dairy-Free**
- **FOR ALLERGEN-FRIENDLY OPTIONS, PLEASE INSTRUCT YOUR CHILD TO ASK HIS/HER SERVER.**
- **NEW** this year: On alternating days of the week, we will offer one of the following **GF/DF** meal options for our students with **documented GF/DF** needs (**on file in the Nurse's office**). These will be in addition to regular menu items marked **GF/DF**.
 1. Chicken Tenders | Rice | Vegetable
 2. Pasta w/Meatballs | Vegetable

AVAILABLE DAILY

- Low fat Milk, 1% Chocolate Milk, Assorted Juices, Lemonade, Water
- Super Salad Bar: Salad mixes, fresh spinach, variety of toppings, crackers, and salad dressings
- Seasonal fresh fruits, fruit cups, gelatin treats, and yogurts
- Pre-packed Grilled Chicken Caesar Salad
- Deli Options: Lean sliced deli meats, yellow and white cheeses, whole-wheat bagels, **GF** bagels, sliced bread*, hoagies, and no-crust peanut butter/jelly sandwiches (***GF** available)

Please contact us at Foodservice@mtbethel.org if you have any questions regarding our options.

Monday	Tuesday	Wednesday	Thursday	Friday
			5 First Day of School Chicken Tenders w/Whole Grain Breading (GF/DF option – Grilled Chicken) Macaroni & Cheese Green Beans Dessert	6 Whole Grain French Toast Sticks Bacon - GF/DF Cheesy Eggs - GF Baked Apples - GF
9 Chicken Sandwich w/ Whole Grain Bun (GF/DF option - Grilled Chicken) Smile Fries Green Beans	10 Beef (GF/DF) Tacos (Hard Shell – GF/DF or Soft Shell) Mixed Vegetables White Rice - GF	11 Chicken (GF) Cheese Tortilla Chips Corn	12 Mini Turkey Corndogs (GF/DF option - All-Beef Hotdog) Curly Fries Broccoli Dessert	13 Grilled Cheese Sandwich (GF Grilled Cheese option available) Ham Fresh Chips Mixed Vegetables
16 Chicken Nuggets w/Whole Grain Breading (GF/DF option – Grilled Chicken) Green Beans Mashed Potatoes	17 Beef (GF/DF) & Cheese Nachos Corn White Rice - GF/DF	18 Pepperoni Pizza (GF Pepperoni Pizza option available) Veggie Sticks Watermelon	19 Garden Pasta (GF pasta option available) w/Meatballs (GF option available) Broccoli Cheese Sticks Dessert	20 Chicken & Waffles Fresh Fruit French Fries Syrup
23 Chicken (GF/DF) & Cheese Quesadillas GF option - Hard Shell Fiesta Rice Corn	24 Teriyaki Chicken (GF/DF option - Chicken w/White Rice) Fried Rice Vegetable	25 Chicken Biscuit (GF/DF option – Grilled Chicken) Tater Tots Baked Apples - GF	26 Roast Turkey – GF/DF Mashed Potatoes - GF Gravy Peas & Carrots Dessert	27 Spaghetti (GF pasta option available) w/Meatballs (GF option available) Broccoli Mozzarella Stuffed Cheese Bread
30 Cheesy Eggs - GF Sliced Ham – GF/DF Pancakes Tater Tots	31 Hamburger (GF/DF) w/ Whole Grain Bun Lettuce & Tomato Cucumber Slices w/ Ranch Dressing French Fries - DF	<h2 style="font-size: 2em; margin: 0;">OFF TO A Great Start</h2>		