

# September 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, 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 cheese, whole-wheat bagels, **GF** bagels, sliced bread\*, hoagies, and no-crust peanut butter/jelly sandwiches (\*GF available)

Please contact us at [Foodservice@mtbethel.org](mailto:Foodservice@mtbethel.org) if you have any questions regarding our options.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef (GF/DF) Tacos (Hard Shell – GF/DF or Soft Shell) Mixed Vegetables White Rice - GF	2 Chicken Tenders w/Whole Grain Breading (GF/DF option – Grilled Chicken) Macaroni & Cheese Green Beans Dessert	3 Whole Grain French Toast Sticks Bacon - GF/DF Cheesy Eggs - GF Baked Apples - GF
6 	7 All-Beef Hotdog (GF/DF) Curly Fries Mixed Vegetables	8 Chicken Sandwich w/ Whole Grain Bun (GF/DF option - Grilled Chicken) Smile Fries Green Beans	9 Chicken (GF) Cheese Tortilla Chips Corn Dessert	10 Grilled Cheese Sandwich (GF Grilled Cheese option available) Ham Fresh Chips Broccoli  (3 <sup>rd</sup> grade Field Trip)
13 Chicken Nuggets w/Whole Grain Breading (GF/DF option – Grilled Chicken) Green Beans Mashed Potatoes	14 Beef (GF/DF) & Cheese Nachos Corn White Rice - GF/DF	15 Pepperoni Pizza (GF Pepperoni Pizza option available) Veggie Sticks Watermelon  (5 <sup>th</sup> grade at Jekyll)	16 Garden Pasta (GF pasta option available) w/Meatballs (GF option available) Broccoli Cheese Sticks Dessert  (5 <sup>th</sup> grade at Jekyll)	17 Chicken & Waffles Fresh Fruit French Fries Syrup  (2 <sup>nd</sup> grade Field Trip) (5 <sup>th</sup> grade at Jekyll)
20 Chicken (GF/DF) & Cheese Quesadillas GF option - Hard Shell Fiesta Rice Corn	21 Teriyaki Chicken (GF/DF option - Chicken w/White Rice) Fried Rice Vegetable	22 Chicken Biscuit (GF/DF option – Grilled Chicken) Tater Tots Baked Apples - GF	23 Roast Turkey – GF/DF Mashed Potatoes - GF Gravy Peas & Carrots Dessert	24 Spaghetti (GF pasta option available) w/Meatballs (GF option available) Broccoli Mozzarella Stuffed Cheese Bread

**September 27 – October 1**

