

October 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 if you have any questions regarding our options.

Monday	Tuesday	Wednesday	Thursday	Friday
 				<p>1</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> LAST DAY OF FALL BREAK </div>
4	5	6	7	8
Grilled Cheese Sandwich (GF) Grilled Cheese option available) Ham Fresh Chips Broccoli	Chicken Biscuit (GF/DF option – Grilled Chicken) Tater Tots Baked Apples - GF	Hamburger (GF/DF) w/ Whole Grain Bun Lettuce & Tomato Cucumber Slices w/ Ranch Dressing French Fries - DF	Cheesy Eggs - GF Sliced Ham – GF/DF French Toast Sticks Hash Browns Dessert	Beef (GF/DF) Tacos (Hard Shell – GF/DF or Soft Shell) Mixed Vegetables White Rice - GF
11	12	13	14	15
Penne Pasta Alfredo Sauce on side Grilled Chicken Broccoli Roll	Pepperoni Pizza (GF Pepperoni Pizza option available) Veggie Sticks Seasonal Fruit	Chicken Tenders w/Whole Grain Breading (GF/DF option – Grilled Chicken) Macaroni & Cheese Green Beans	Spaghetti (GF pasta option available) w/Meatballs (GF option available) Broccoli Mozzarella Stuffed Cheese Bread Dessert	<div style="border: 2px solid red; padding: 5px; text-align: center;"> EARLY RELEASE All Classes </div>
18	19	20	21	22
Chicken (GF/DF) & Cheese Quesadillas GF option - Hard Shell Fiesta Rice Corn	All-Beef Hotdog (GF/DF) Curly Fries Mixed Vegetables	Chicken Sandwich w/ Whole Grain Bun (GF/DF option - Grilled Chicken) Smile Fries Green Beans (LS Conferences – No Lower School classes)	Chicken (GF) & Cheese Nachos Corn Dessert (LS Conferences – No Lower School classes)	Chicken & Waffles Fresh Fruit French Fries Syrup
25	26	27	28	29
Chicken Nuggets w/Whole Grain Breading (GF/DF option – Grilled Chicken) Green Beans Mashed Potatoes	Garden Pasta (GF pasta option available) w/Meatballs (GF option available) Broccoli Cheese Sticks	Beef (GF/DF) & Cheese Nachos Corn White Rice - GF/DF	Teriyaki Chicken (GF/DF option - Chicken w/White Rice) Fried Rice Vegetable Dessert	Pancakes Bacon - GF/DF Cheesy Eggs - GF Baked Apples - GF