

Menus For August/September 2023

Bethel School District



This institution is an equal opportunity provider. Menus are subject to change.

VEGETABLE

Cucumber

Why are cucumbers so "cool"?

Because they're so good for you! But don't cut off the skin -- the skin contains vitamins A, C, K, B1, B2, B3, B5, B6, Folic Acid, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc!

OF THE MONTH

DON'T 4 GET!

To make a lunch, choose at least one



or



**BETHEL SCHOOL DISTRICT
NUTRITION SERVICES**

We're **SO GLAD** to see you again! It's going to be a **GREAT YEAR!**

HAPPY LABOR DAY!



Try not to be **BLUE** about Summer's end - enjoy the last sweet days of the season **BERRY** much!

Tuesday, September 5

Breakfast

Sausage & Egg Burrito or
Strawberry or Raspberry Dunkers
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Mozzarella Bread Sticks w/
Marinara Sauce
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 29.6g Carbs: 85.1g
Calories: 594 Total fat 15.6g

Wednesday, September 6

Breakfast

Ham & Egg Combo Bar or
Strawberry Yogurt Parfait
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Corn Diggity Dog
French Fries
Fresh Fruit & Veggie Bar

Protein: 22.1g Carbs: 101.3g
Calories: 647 Total fat 16.8g

Thursday, September 7

Breakfast

Sausage & Cheese Biscuit or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Teriyaki Beef Bites
Whole Grain Rice
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 27.8g Carbs: 72.0g
Calories: 517 Total fat 13.4g

Friday, September 8

Breakfast

Mini French Toast or
Banana Bread
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Chicken Sandwich
Bethel Baked Beans
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 34.7g Carbs: 105.7g
Calories: 723 Total fat 20.2g

Friday, September 1



Thursday, August 31

Breakfast

Sausage Breakfast Pizza or
Strawberry or Raspberry Dunkers
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Chicken Nuggets
Oven Baked French Fries
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 33.8g Carbs: 89.2g
Calories: 674 Total fat 20.6g

Wednesday, August 30

Breakfast

Mini Blueberry Waffles or
Cherry Apple Breakfast Bar
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Personal Cheese Pizza
Green Beans
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 26.2g Carbs: 89.4g
Calories: 549 Total fat 11.4g

NUTRITION TO GO

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

A QUICK BITE FOR PARENTS