

MENUS FOR OCTOBER 2023

BETHEL ELEMENTARY MENU

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

Monday, October 2

Breakfast

Mini Blueberry Waffles or
Cherry Apple Breakfast Bar
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

Tuesday, October 3

Breakfast

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

Breakfast for Lunch!

Pancakes, Sausage Patty &
Hash Brown
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 21.2g Carbs: 107.6g
Calories: 643 Total fat 14.3g

Wednesday, October 4

Breakfast

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

Lunch

White Chicken Chili
w/ Mini Corn Bread Loaf
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 32.3g Carbs: 108.0g
Calories: 680 Total fat 14.0g

Thursday, October 5

Breakfast

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

Lunch

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

Protein: 33.1g Carbs: 77.6g
Calories: 517 Total fat 9.5g

Friday, October 6

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: 37.5g Carbs: 124.5g
Calories: 805 Total fat 20.5g

Monday, October 9

Breakfast

Mini Maple 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

Tuesday, October 10

Breakfast

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

Lunch

Spooky Ooey Goopy
Macaroni & Cheese
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 36.7g Carbs: 93.2g
Calories: 755 Total fat 28.8g

Wednesday, October 11

Breakfast

Sausage, Egg & Cheese Pocket
or Cream Cheese Bagel Bar
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Corn Diggity Dog
French Fries
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 19.5g Carbs: 99.2g
Calories: 620 Total fat 16.4g

Thursday, October 12

Breakfast

Ham, Egg & Cheese Muffin or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Cheesy Chicken
Soft Taco
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 29.9g Carbs: 70.5g
Calories: 502 Total fat 12.6g

Friday, October 13

Breakfast

Pancake on a Stick or
Mini Cinnamon Rolls
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

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

Protein: 34.8g Carbs: 90.7g
Calories: 683 Total fat 21.8g