



MENUS FOR DECEMBER



ELEMENTARY MENU FOR BETHEL SCHOOL DISTRICT

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

Word of the Month

kind·ness

noun 1. goodness; benevolence 2. consideration for the feelings and well-being of people other than oneself 3. sympathy; gentle helpfulness

Friday, December 1

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, December 4

Breakfast

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

Lunch

Ham & Cheese Pull-A-Parts
(Contains Pork)
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk
Protein: 32.2g Carbs: 82.4g
Calories: 559 Total fat 12.4g

Tuesday, December 5

Breakfast

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

Lunch

Orange Chicken
Whole Grain Rice
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk
Protein: 25.5g Carbs: 91.2g
Calories: 533 Total fat 8.4g

Wednesday, December 6

Breakfast

Ham & Egg Combo Bar
(Contains Pork) or
Peach Yogurt Parfait
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: 20.1g Carbs: 109.6g
Calories: 692 Total fat 19.5g

Thursday, December 7

Breakfast

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

Lunch

Ooey Gooney
Macaroni & Cheese
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk
Protein: 37.1g Carbs: 78.7g
Calories: 704 Total fat 28.7g

Friday, December 8

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: 38.1g Carbs: 109.5g
Calories: 765 Total fat 22.0g

Monday, December 11

Breakfast

Mini Blueberry Waffles or
Cherry Frudel 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, December 12

Breakfast

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

Breakfast for Lunch

Pancakes w/ Strawberry
Compote & Cheese Omelette
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk
Protein: 20.7g Carbs: 77.2g
Calories: 522 Total fat 14.1g

Wednesday, December 13

Breakfast

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

Lunch

Mini Cheesy
Calzones
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk
Protein: 33.0g Carbs: 109.6g
Calories: 728 Total fat 18.3g

Thursday, December 14

Breakfast

Mini Bagel Egg & Cheese Sandwich
or Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

Merry Christmas!

Turkey Gravy, Dinner Roll
Mashed Potatoes
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk
Protein: 30.1g Carbs: 79.3g
Calories: 565 Total fat 14.8g

Friday, December 15

Breakfast

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

Lunch

Pizza Quesadilla
Black Bean Corn Salsa
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk
Protein: 27.9g Carbs: 89.5g
Calories: 606 Total fat 16.7g

See You Next Year!

Last day of school:
Friday, December 15

Classes Resume
Tuesday, January 2

