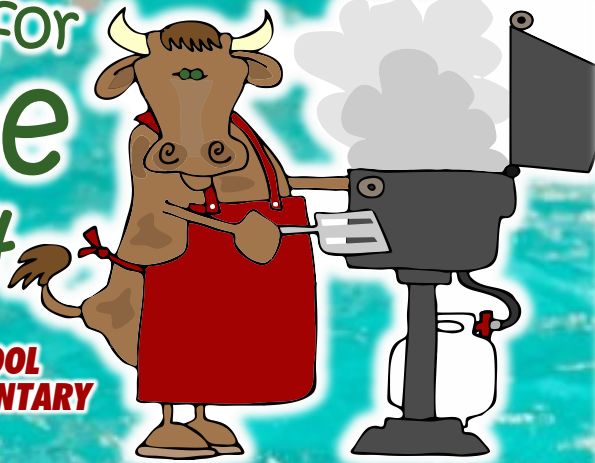


Menus for June 2024

BETHEL SCHOOL DISTRICT ELEMENTARY MENU



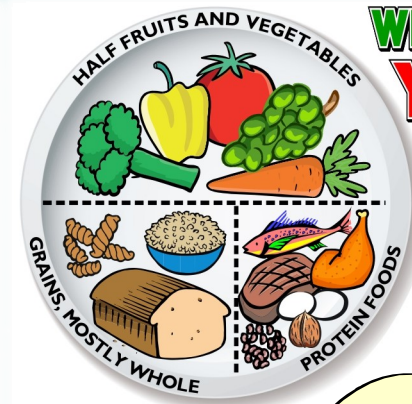
This institution is an equal opportunity provider. Menus are subject to change.



VITAMIN FACTORY.

Your skin actually MAKES vitamin D for your body. In the summer, depending on how far north you are and how dark your skin is, just 5-30 minutes of sun exposure in a day enables your body to make enough vitamin D, but be very careful -- don't ever let your skin burn!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



What's on **YOUR** plate?



Can you take a yolk?

Eggs are a great source of high quality protein and nutrients. But which is correct to say: "The **YOLKS** of the eggs are white" or "The **YOLK** of the eggs are white"?

A: Neither is correct. Egg yolks are yellow!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, June 3

NO BREAKFAST

Lunch

Grilled Cheese Sandwich
w/ Tomato Soup
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 31.0g Carbs: 106.7g
Calories: 668 Total fat 14.7g

Tuesday, June 4

Breakfast

Sausage & Egg Burrito or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

French Bread Cheese Pizza
w/ Kernel Corn
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 30.9g Carbs: 97.4g
Calories: 661 Total fat 20.0g

Wednesday, June 5

Breakfast

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

Lunch

Dutch Waffle
w/ Cheese Omelette
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 21.3g Carbs: 124.6g
Calories: 800 Total fat 25.3g

Thursday, June 6

Breakfast

Egg & Cheese Biscuit or
Banana Bread
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

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

Protein: 37.4g Carbs: 87.3g
Calories: 692 Total fat 18.7g

Friday, June 7

Breakfast

Mini French Toast or
Strawberry Yogurt Parfait
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Cheeseburger
w/ Tater Tots
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 33.9g Carbs: 86.7g
Calories: 763 Total fat 30.7g

Monday, June 10

Breakfast

Mini Maple Waffles or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

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

Protein: 30.6g Carbs: 97.0g
Calories: 652 Total fat 15.5g

Tuesday, June 11

Breakfast

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

NO LUNCH

Wednesday, June 12

Breakfast

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

Lunch

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

Protein: 32.0g Carbs: 92.2g
Calories: 656 Total fat 19.3g

Thursday, June 13

Breakfast

Mini Maple Waffles or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Pepperoni Pizza
w/ Kernel Corn
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

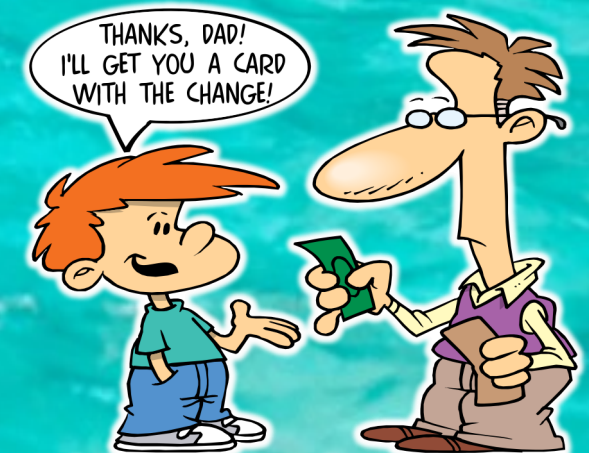
Protein: 31.2g Carbs: 100.6g
Calories: 625 Total fat 13.3g

Friday, June 14

Breakfast

Pancake on a Stick or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

NO LUNCH



FATHER'S DAY JUNE 16