

Menu for September 2024

Bethel School District Elementary Menu

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



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 3

Breakfast

Mini Pancakes or
Blueberry Yogurt Parfait
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Teriyaki Beef Bites
Chow Mein Noodles
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Wednesday, September 4

Breakfast

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

Lunch

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

Thursday, September 5

Breakfast

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

Lunch

Mac-N-Cheese
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Friday, September 6

Breakfast

Cowboy Breakfast Bread or
Mini French Toasts
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Cheeseburger
Black Bean & Corn Salsa
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Monday, September 9

Breakfast

Muffin or
Yogurt w/ Granola
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Cheesy Bread Sticks
Tomato Soup
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Tuesday, September 10

Breakfast

Pancake on a Stick or
Strawberry Yogurt Parfait
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Turkey Soft Taco
Black Bean & Corn Salsa
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Wednesday, September 11

Breakfast

Sausage & Cheese Biscuit
or Pumpkin Bread
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Sloppy Joe
Kernel Corn
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Thursday, September 12

Breakfast

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

Lunch

Turkey Gravy, Dinner Roll
Mashed Potatoes
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Friday, September 13

Breakfast

Freshly Baked Cinnamon Roll
or Mini Waffles
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Corn Dog
Green Peas
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

DON'T 4 GET!

To make a lunch,
choose at least one



or



and 3-5
items
total



BETHEL SCHOOL DISTRICT
NUTRITION SERVICES

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