

**BETHEL SCHOOL
DISTRICT
ELEMENTARY MENU**

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

**Menus for
OCTOBER 2024**

Tuesday, October 1

Breakfast

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

Lunch

Macho Nachos
w/ Refried Beans
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Wednesday, October 2

Breakfast

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

Lunch

Chicken Nuggets
w/ Crispy Onion Rings
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Thursday, October 3

Breakfast

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

Lunch

Orange Chicken
w/ Brown Rice
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Friday, October 4

Breakfast

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

Lunch

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

Monday, October 7

Breakfast

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

Lunch

Personal Cheese Pizza
w/ French Fries
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Tuesday, October 8

Breakfast

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

Lunch

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

Wednesday, October 9

Breakfast

Croissant Breakfast Sandwich
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

Thursday, October 10

Breakfast

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

Lunch

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

Friday, October 11

Breakfast

Freshly Baked Scone or
Cherry Apple Bar
Fruit & Juice
Non-Fat or 1% White Milk

NEW!

Lunch

Chile Cheese Tamale
w/ Refried Beans
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk