

NUTRIKIDS

Bethlehem Central School District
January 2012
Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
2 Winter Recess	3 Grilled Beef Hot Dog Sausage & Peppers Cheese Dog Sauce Seasoned Corn Potato Puffs Asst Fresh Fruit MILK - Variety PB &J on WW V*Hot Pocket Ital	4 Chicken Nuggets WW Mac & Cheese BCSD Carrots & Dip MILK - Variety Asst Fresh Fruit PB &J on WW V*Vegi Pita Pizza	5 Taco Salad w/Beef Fish Tacos Lettuce & Tomato Cheese-SourCrm-Sals Seasoned Black Beans Spanish Rice Asst Fresh Fruit MILK - Variety PB &J on WW V*Bean-Chs Burrito	6 Thick Crust Round Cheese Blend Pepperoni Slices Tossed Salad Asst Fresh Fruit MILK - Variety PB &J on WW
9 Beef Burger WW Bun Bacon and Cheese Lettuce & Tomato Sweet Potato Wedges Asst Fresh Fruit MILK - Variety PB &J on WW V*Vegi Burger	10 Mac and Beef Steamed Broccoli WW Cheese Stick Asst Fresh Fruit MILK - Variety PB &J on WW V*Vegetable Pasta	11 Chicken Patty Sand Ham & Swiss Lettuce & Tomato Steak Fries Parmesan Green Beans Asst Fresh Fruit MILK - Variety PB &J on WW V*Greek Spin Wrap	12 Subway Day	13 Cheese Stuffed Crust Cheese Blend Hawaiian Style Tossed Salad Asst Fresh Fruit MILK - Variety PB &J on WW
16 MARTIN LUTHER KING Jr. DAY	17 Grilled Beef Hot Dog Sausage & Peppers Cheese Dog Sauce Seasoned Corn Potato Puffs Asst Fresh Fruit MILK - Variety PB &J on WW V*Hot Pocket Ital	18 Chicken Nuggets WW Mac & Cheese BCSD Steamed Broccoli Asst Fresh Fruit MILK - Variety PB &J on WW V*Vegi Pita Pizza	19 Spaghetti & Meat Sc. Bosco Cheese Sticks Tossed Salad Asst Fresh Fruit MILK - Variety PB &J on WW V*Lentil Pasta	20 Thick Crust Round Cheese Blend Buffalo Chix Style Pasta Salad Asst Fresh Fruit MILK - Variety PB &J on WW
23 Beef Burger WW Bun Bacon and Cheese Lettuce & Tomato Sweet Potato Wedges Asst Fresh Fruit MILK - Variety PB &J on WW V*Vegi Burger	24 Herb Roasted Chicken Mash Potato w/Gravy Corn on Cob Asst Fresh Fruit MILK - Variety PB &J on WW V*Hummus Plate w/ vegets & chips	25 Chicken Patty Sand Lettuce & Tomato Steak Fries Parmesan Carrot Sticks Asst Fresh Fruit MILK - Variety PB &J on WW V*Vegetable Deli Wrap	26 Beef & Cheese Quesa Lettuce & Tomato Cheese-SourCrm-Sals Black Bean Salad SPANISH RICE Asst Fresh Fruit MILK - Variety PB &J on WW V*Bean-Chs Quesadill	27 Cheese Stuffed Crust Cheese Blend Pepperoni Slices Tossed Salad Asst Fresh Fruit MILK - Variety PB &J on WW
30 Grilled Beef Hot Dog Sausage & Peppers Cheese Dog Sauce Seasoned Corn Potato Puffs Asst Fresh Fruit MILK - Variety PB &J on WW V*Hot Pocket Ital	31 Bosco Cheese Sticks Tomato Sauce Broccoli & Garlic Asst Fresh Fruit MILK - Variety PB &J on WW Portabello Balsamic			

Full Lunch Price is \$3.25 and Reduced is \$.25
Breakfast is also available daily for \$2.25 and Reduced \$.25

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.
* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.