



# October 2017


## Bethlehem Central School District - Elementary Menu



### Farm to You FEST October 2nd-6th: Local Food Items in Bold on Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot Dog on a Bun Goldfish Crackers Cooked Broccoli String Cheese & Fruit Choice <b>Indian Ladder Apple Cider</b>	3 Italian Dippers (breadsticks & marinara) Cooked Green Beans <b>Chobani Yogurt Cup</b> Fruit Choice & String Cheese	4 Beef Taco (w/cheddar cheese, lettuce, salsa) Seasoned Rice <b>Corn on the Cob</b> Fruit Choice & String Cheese	5 Chicken Tenders Seasoned Curly Fries <b>Steamed Squash &amp; Zucchini</b> Tiny Tomatoes String Cheese & Fruit Choice	6 Personal Pizza Choice 1)Cheese or 2)Pepperoni Peas, Carrots, Corn String Cheese & Chickpeas <b>Green Salad &amp; Fruit Choice</b>
9 <b>NO SCHOOL</b> <b>Columbus Day</b>	10 French Toast Sticks Sausage & Tater Tots Cinnamon Applesauce 100% Juice Cup String Cheese	11 Grilled Cheese Grilled Ham & Cheese Tomato Soup Carrots & Cucumber Slices Fruit Choice & String Cheese	12 Roasted Turkey Gravy served over Mashed Potatoes Whole Grain Roll Steamed Broccoli Fruit Choice & String Cheese	13 Slice of Pizza 1)Cheese or 2)Pepperoni Peas, Carrots, Corn String Cheese & Chickpeas Green Salad & Fruit Choice
16 Chicken Patty on a Bun Cheesy Mashed Potatoes Steamed Broccoli String Cheese Fruit Choice	17 Italian Dippers (breadsticks & marinara) Cooked Green Beans Fruit Choice & String Cheese Jello Cup	18 Nachos & Cheese Black Beans & Salsa Red Pepper Sticks Yellow Corn Fruit Choice & String Cheese	19 Pineapple Teriyaki Chicken served over Rice Stir-fry Vegetables String Cheese Fruit & Juice Cup	20 Personal Pizza Choice 1)Cheese or 2)Pepperoni Peas, Carrots, Corn String Cheese & Chickpeas Green Salad & Fruit Choice
23 1)Cheese or 2)Chicken Quesadilla Sour Cream or Salsa Steamed Broccoli Red Pepper Sticks Fruit Choice & String Cheese	24 French Toast Sticks Sausage & Tater Tots Pineapple Chunks 100% Juice Cup String Cheese	25 Chicken Nuggets Tortilla Chips & Hummus Dip Red Pepper & Celery Sticks Fruit Choice String Cheese	26 Spaghetti & Meatballs Garlic Breadstick Steamed Broccoli String Cheese Fruit Choice	27 Slice of Pizza 1)Cheese or 2)Pepperoni Peas, Carrots, Corn String Cheese & Chickpeas Green Salad & Fruit Choice
30 Hamburger or Cheeseburger Baked Potato Chips Baked Beans Baby Carrots Fruit Choice & String Cheese	31 Italian Dippers (breadsticks & marinara) Cooked Green Beans Fruit Choice & String Cheese Halloween Jello Cup	<div data-bbox="653 1144 924 1242" data-label="Text"> <p><b>HAPPY HALLOWEEN TRICK OR TREAT</b></p> </div> <div data-bbox="968 1117 1180 1284" data-label="Image"> </div>		

**Lunch Prices**  
Paid \$3.00  
Reduced \$0.25  
Adult \$4.00 w/tax

1% or Skim White or Non-fat Flavored Milk \$0.50   
Soymilk +\$1.00 w/meal  
Fruit, Veggies and Milk choices are available with any lunch meal

**Daily Deli Sandwich Menu**  
Mon - Turkey  
Tues - Ham  
Wed - Turkey  
Thurs - Bologna  
Fri - Choice

PB&J or Cheese Sandwich offered every day



## Breakfast

### DAILY MENU

Cereal w/String Cheese or Yogurt & Grahams

w/Fruit, Juice Cup and Lowfat Milk

**Prices**  
**Full Price \$1.75**  
**Reduced \$0.25**  
**Milk \$0.50**

Students may also get snacks for later at this time.

Please visit our website to view update **Snack List** with prices for this school year!



**Reminder!** Please renew your Free/Reduced Lunch Applications by October 20th, 2017

USDA is an equal opportunity provider & employer  
Menu is Subject to Change Without Notice

BCSD Food Service is committed to providing healthful options for students. We are a part of USDA's National School Lunch Program and new standards have increased whole grains, added variety to fresh fruit and vegetable offerings, eliminated trans fats and lowered the amount of saturated fat, sodium and calories we serve on our menu. We do our best to provide a product which your child will enjoy for lunch.