

Bethlehem Central Middle School



Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast Prices
WEEKLY BREAKFAST MENU					
Breakfast Sandwich Fresh Fried Egg, Cheese and Sausage on Hard Roll	Old-Fashioned Donut w/cinnamon & sugar topping	Fruit & Yogurt Parfait w/grahams 10/11: Scrambled Eggs, Sausage & Hashbrown	Mini Maple Pancakes Mini Blueberry Waffles	Breakfast Sandwich Fresh Fried Egg, Cheese and Sausage on Hard Roll	Paid \$2.00 Reduced \$0.25 Adult \$2.75 w/tax
Every Day Choices: Bagel & Cream Cheese, Cereal Cup w/Milk & String Cheese, Granola Bar w/Yogurt Cup					
LUNCH MENU					Lunch Prices
~Farm to You Fest Oct 2nd - 6th Bold Items are LOCAL FOODS~					
2	3	4	5	6	
Buffalo or Caesar Chicken Wrap Chobani Yogurt Cup Goldfish Crackers Baby Carrots & Celery Sticks Fruit Choice & String Cheese	Breakfast for Lunch (French Toast & Sausage Links) Tater Tots Cucumber Slices & String Cheese Indian Ladder Apple Cider	Make Your Own NACHOS (Tortilla Chips w/Beans & Cheese) Salsa, Sour Cream & Black Olives Steamed Squash & Zucchini Fruit Choice & String Cheese	Chicken Tenders Baked Potato Chips Corn on the Cob Garden Salad w/Tomato Fruit Choice & String Cheese	SALAD FOR KIDS DAY Personal Pizza Choice Grilled Cheese & Tomato Soup Mixed Vegetables Chickpeas Fruit Choice	Paid \$3.25 Reduced \$0.25 Adults \$4.00 w/tax
9	10	11	12	13	
COLUMBUS DAY NO SCHOOL 	Italian Dippers Chicken Caesar Salad w/Breadsticks Green Beans & Cucumber Slices String Cheese Fruit Choice	Taco Salad (Beef and/or Seasoned Black Beans) Tortilla Chips & String Cheese Cooked Corn Fruit Choice & String Cheese	Toasted Cheese Panini Sweet Potato Fries Watermelon Slice or Chunks Cooked Broccoli Fruit Choice & String Cheese	Primo Pizza Slice Grilled Cheese & Tomato Soup Mixed Vegetables Leafy Green Salad & Chickpeas Fruit Choice	1% White or Fat Free Flavored Milk is \$0.50 and is included with any meal 
16	17	18	19	20	
Chicken Patty (plain or spicy) Cheesy Mashed Potatoes Red Pepper Sticks Cucumber Slices Fruit Choice & String Cheese	Breakfast for Lunch (French Toast & Sausage Links) Tater Tots Cucumber Slices & Juice Cup Fruit Choice & String Cheese	Make Your Own NACHOS (Tortilla Chips w/Beans & Cheese) Salsa, Sour Cream & Black Olives Cooked Corn Fruit Choice & String Cheese	Pineapple Teriyaki Chicken & Rice with Stir Fry Vegetables Baby Carrots Fruit Choice & String Cheese Fortune Cookie	Personal Pizza Choice Grilled Cheese & Tomato Soup Mixed Vegetables Leafy Green Salad & Chickpeas Fruit Choice	EVERY DAY LUNCH ENTREE OPTIONS DAILY DELI SANDWICH/SUB (Turkey, Ham, Bologna w/American Cheese) PEANUT BUTTER & JELLY SANDWICH All sandwiches are served on soft, whole grain bread 
23	24	25	26	27	
Hot Dog or Corndog Goldfish Crackers Yogurt Cup Baby Carrots & Celery Sticks Fruit Choice & String Cheese	Italian Dippers Chicken Cobb Salad w/Breadsticks Cooked Corn String Cheese Fruit Choice	Chicken Tenders Macaroni & Cheese Steamed Broccoli String Cheese Fruit Choice	Turkey Gravy over Mashed Potatoes with Whole Grain Roll Red Pepper Sticks & Cucumber Slices String Cheese Fruit Choice	Primo Pizza Slice Grilled Cheese & Tomato Soup Mixed Vegetables Leafy Green Salad & Chickpeas Fruit Choice	
30	31	Please renew Free Lunch Applications by October 20th, 2017			
BC Burger (Plain or Cheese) Seasoned Curly Fries Baby Carrots Celery Sticks Fruit Choice & String Cheese	Breakfast for Lunch (French Toast & Sausage Links) Tater Tots & Cucumber Slices Juice Cup, Fruit and String Cheese Halloween Dirt Pudding Cup				

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.