

# Bethlehem Central Middle School

## March 2018



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

**Mini Maple Pancakes**  
**Cinnamon Roll**

**Breakfast Sandwich**  
Fresh Fried Egg, Cheese and Sausage on Hard Roll

Paid \$2.00

Reduced \$0.25

Every Day Choices: Bagel + Cream Cheese, Cereal Cup w/Milk + String Cheese, Nutrigrain Cereal Bar w/Yogurt Cup

Adult \$2.75 w/tax

### LUNCH MENU

Lunch Prices



**Shamrock Pretzels for St. Patty's**  
Available at the SNACK BAR

**Taco Salad**  
(Beef and/or Seasoned Black Beans)  
Tortilla Chips & Salsa/Sour Cream  
Yellow Corn & Grape Tomatoes  
String Cheese & Fruit Choice

**Primo Pizza Slice**  
**Grilled Cheese & Tomato Soup**  
Mixed Vegetables  
Leafy Green Salad & Chickpeas  
Fruit Choice

Paid \$3.25

Reduced \$0.25

Adults \$4.00 w/tax

**BC Burger (Plain or Cheese)**  
Baked Potato Chips  
Baked Beans  
Carrot & Celery Sticks  
Fruit Choice & String Cheese

**Italian Dippers**  
**Chicken Bacon Cobb Salad w/Breadsticks**  
Steamed Broccoli  
String Cheese  
Fruit Choice

**Chicken Tenders (3)**  
Macaroni & Cheese  
Green Beans & Red Pepper Sticks  
String Cheese  
Fruit Choice

**Turkey Gravy over Mashed Potatoes**  
with Whole Grain Roll  
**or Cheese Calzone**  
Cooked Carrots & Fresh Broccoli Bites  
Fruit Choice & String Cheese

**Personal Pizza**  
**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



**Buffalo or Caesar Chicken Wrap**  
Goldfish Crackers  
Grape Tomatoes & Cucumber Slices  
Fruit Choice  
String Cheese

**Breakfast for Lunch**  
(Waffle Sticks & Sausage Links)  
Tater Tots  
Red Pepper Sticks & 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  
String Cheese & Fruit Choice  
Fortune Cookie

**Primo Pizza Slice**  
**Grilled Cheese & Tomato Soup**  
Mixed Vegetables  
Leafy Green Salad & Chickpeas  
Fruit Choice

### EVERY DAY 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

**Hot Dog or Corndog**  
French Fries  
Baked Beans  
Carrot & Celery Sticks  
Fruit Choice & String Cheese

**Italian Dippers**  
**Chicken Caesar Salad w/Breadsticks**  
Cooked Corn  
String Cheese  
Fruit Choice

**Chicken Tenders (3)**  
Macaroni & Cheese  
Green Beans & Red Pepper Sticks  
String Cheese  
Fruit Choice

**Spaghetti & Meatballs**  
Garlic Breadstick  
**or Cheese Calzone**  
Steamed Broccoli  
String Cheese & Fruit Choice

**Stuffed Crust Pizza**  
**Grilled Cheese & Tomato Soup**  
Mixed Vegetables  
Leafy Green Salad & Chickpeas  
Fruit Choice

**Chicken Patty on a Roll**  
(Plain or Spicy)  
Mashed Potatoes w/Cheese  
Red Pepper Sticks  
Fruit Choice & String Cheese

**Breakfast for Lunch**  
(Waffle Sticks & 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

**Primo Pizza Slice**  
Grilled Cheese & Tomato Soup  
Mixed Vegetables  
Leafy Green Salad & Chickpeas  
Fruit Choice

**Good Friday**  
**NO SCHOOL**

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.