



Bethlehem Central Middle School

December 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 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
3	4	5	6	7	Paid \$3.25 Reduced \$0.25 Adults \$4.00 w/tax
Chicken Patty (plain or spicy) Cheesy Mashed Potatoes Cooked Corn Red Pepper Sticks Fruit Choice & String Cheese	Italian Dippers Chicken Cobb Salad w/Breadsticks Green Beans String Cheese Fruit Choice	Chicken Tenders Macaroni & Cheese Steamed Broccoli & Red Pepper Sticks String Cheese Fruit Choice	Buffalo or Caesar Chicken Wrap French Fries Cooked Carrots Cucumber Slices Fruit Choice & String Cheese	Personal Pizza Choice Grilled Cheese & Tomato Soup Mixed Vegetables Leafy Green Salad & Chickpeas Fruit Choice	
10	11	12	13	14	1% White or Fat Free Flavored Milk is \$0.50 and is included with any meal 
Hot Dog or Corndog Baked Beans and Potato Chips Steamed Broccoli Baby Carrots Fruit Choice & String Cheese	Breakfast for Lunch (French Toast & Sausage Links) Tater Tots Cucumber Slices & Juice Cup Fruit Choice & String Cheese	Pasta w/Marinara Sauce & Meatballs French Breadstick Green Beans Side Green Salad Fruit Choice & String Cheese	Taco Salad (Beef and/or Seasoned Black Beans) Tortilla Chips & String Cheese Cooked Corn & Grape Tomatoes Fruit Choice & String Cheese	Primo Pizza Slice Grilled Cheese & Tomato Soup Mixed Vegetables Leafy Green Salad & Chickpeas Fruit Choice	
17	18	19	20	21	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 
BC Burger (Plain or Cheese) French Fries Cooked Carrots Cucumber Slices Fruit Choice & String Cheese	Italian Dippers Chicken Caesar Salad w/Breadsticks Green Beans String Cheese Fruit Choice	Chicken Tenders Macaroni & Cheese Steamed Broccoli & Red Pepper Sticks String Cheese Fruit Choice	Make Your Own NACHOS (Tortilla Chips w/Beans & Cheese) Salsa, Sour Cream & Black Olives Cooked Corn Fruit Choice & String Cheese	Personal Pizza Choice Grilled Cheese & Tomato Soup Mixed Vegetables Leafy Green Salad & Chickpeas Fruit Choice	
24	25	26	27	28	
No School Winter Recess	No School Winter Recess	No School Winter Recess	No School Winter Recess	No School Winter Recess	
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No School Winter Recess					

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.