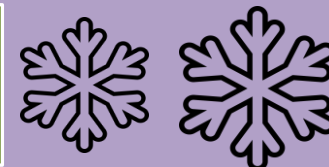


# Bethlehem Central Middle School

## January 2019



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, Nutrigrain Cereal Bar w/Yogurt Cup**

### LUNCH MENU

Lunch Prices

1 <b>No School</b> Winter Recess	2 <b>No School</b> Winter Recess  Happy New Year!	3 <b>Italian Dippers</b> Chicken Cobb Salad w/Breadsticks Green Beans String Cheese Fruit Choice	4 <b>Buffalo or Caesar Chicken Wrap</b> French Fries Cooked Carrots Cucumber Slices Fruit Choice & String Cheese
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Paid \$3.25

Reduced \$0.25

Adults \$4.00 w/tax

7 <b>Chicken Patty on a Roll</b> (Plain or Spicy) Mashed Potatoes w/Cheese Cooked Corn & Red Pepper Sticks Fruit Choice & String Cheese	8 <b>Breakfast for Lunch</b> (French Toast & Sausage Links) Tater Tots Cucumber Slices & Juice Cup Fruit Choice & String Cheese	9 <b>Make Your Own NACHOS</b> (Tortilla Chips w/Beans & Cheese) Salsa, Sour Cream & Black Olives Cooked Corn Fruit Choice & String Cheese	10 <b>Pineapple Teriyaki Chicken &amp; Rice</b> w/Stir Fry Vegetables & Fortune Cookie <b>OR Turkey Gravy and Rice Bowl</b> w/Dinner Roll and Peas & Carrots Fruit Choice & String Cheese
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1% White or Fat Free  
Flavored Milk is \$0.50  
and is included with any meal



14 <b>Hot Dog or Corndog</b> Baked Beans and Potato Chips Cucumber Slices & Baby Carrots Fruit Choice String Cheese	15 <b>Italian Dippers</b> Chicken Caesar Salad w/Breadsticks Green Beans String Cheese Fruit Choice	16 <b>Chicken Tenders</b> Macaroni & Cheese Steamed Broccoli & Red Pepper Sticks String Cheese Fruit Choice	17 <b>Taco Salad</b> (Beef and/or Seasoned Black Beans) Tortilla Chips & String Cheese Cooked Corn & Grape Tomatoes Fruit Choice & String Cheese
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**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

21 <b>Martin Luther King Jr. Day</b> No School 	22 <b>BC Burger (Plain or Cheese)</b> French Fries Baked Beans or Green Beans Cucumber Slices Fruit Choice & String Cheese	23 <b>Buffalo or Caesar Chicken Wrap</b> <b>Beef &amp; Bean Chili w/Cornbread</b> Pasta Salad & Baked Potato Chips Steamed Broccoli Fruit Choice & String Cheese	24 <b>Make Your Own NACHOS</b> (Tortilla Chips w/Beans & Cheese) Salsa, Sour Cream & Black Olives Cooked Corn Fruit Choice & String Cheese
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28 <b>Chicken Patty on a Roll</b> (Plain or Spicy) Mashed Potatoes w/Cheese Cooked Corn & Cucumber Slices Fruit Choice & String Cheese	29 <b>Breakfast for Lunch</b> (French Toast & Sausage Links) Tater Tots Red Pepper Sticks & Juice Cup Fruit Choice & String Cheese	30 <b>Chicken Tenders</b> <b>Macaroni &amp; Cheese</b> Steamed Broccoli & Baby Carrots String Cheese Fruit Choice	31 <b>BBQ Pork Sandwich</b> Sweet Potato Fries Coleslaw Fruit Choice & String Cheese Jello Cup
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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.