### Menus for January 2023

**Bethel School District**

This institution is an equal opportunity provider. Menus are subject to change.

#### Breakfast

**Monday, January 9**
- **Breakfast**
  - Mini Blueberry Waffles or Cherry Apple Breakfast Bar
  - Fruit & Juice
  - Non-Fat or 1% White Milk
- **Lunch**
  - Mozzarella Bread Sticks w/ Marinara Sauce
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

**Tuesday, January 10**
- **Breakfast**
  - Sausage Breakfast Pizza or Strawberry or Raspberry Dunkers
  - Fruit & Juice
  - Non-Fat or 1% White Milk
- **Lunch**
  - Mandarin Orange Chicken
  - Whole Grain Rice
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

**Wednesday, January 11**
- **Breakfast**
  - Ham, Egg & Cheese Muffin or Breakfast Cereal
  - Fruit & Juice
  - Non-Fat or 1% White Milk
- **Lunch**
  - Corn Dog
  - Tater Tots
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

**Thursday, January 12**
- **Breakfast**
  - Ham & Egg Combo Bar or Peach Yogurt Parfait
  - Fruit Juice
  - Non-Fat or 1% White Milk
- **Lunch**
  - White Chicken Chili
  - Corn Bread
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

**Friday, January 13**
- **Breakfast**
  - Mini French Toast
  - Banana Bread
  - Fruit Juice
  - Non-Fat or 1% White Milk
- **Lunch**
  - Chicken Burger
  - Bethel Baked Beans
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

### Word of the Month

**Cour-age**

- **n. 1.** the quality of mind or spirit that enables one to face difficulty, danger, fear, pain, etc. with self-possession, confidence, and resolution.
- **n. 2.** bravery

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**Protein:**

- **Monday, January 9:** 25.3g, **Calories:** 580
- **Tuesday, January 10:** 25.3g, **Calories:** 551
- **Wednesday, January 11:** 18.0g, **Calories:** 541
- **Thursday, January 12:** 20.5g, **Calories:** 551
- **Friday, January 13:** 24.0g, **Calories:** 580

**Total Fat:**

- **Monday, January 9:** 12.1g
- **Tuesday, January 10:** 8.5g
- **Wednesday, January 11:** 11.8g
- **Thursday, January 12:** 15.9g
- **Friday, January 13:** 12.1g

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School will be closed on Monday, January 16 in honor of Martin Luther King, Jr.'s Birthday.

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**Chionophobia**

“Chionophobia” is the fear of snow or being snowbound.
<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Protein:</th>
<th>Carbs:</th>
<th>Calories:</th>
<th>Total fat:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, January 16</td>
<td>Mini Maple Waffles or Cherry Apple Breakfast Bar Fruit &amp; Juice Non-Fat or 1% White Milk</td>
<td>Cheese Puffy Pocket Green Beans Fresh Fruit &amp; Veggie Bar 1% White or Non-Fat Chocolate/White Milk</td>
<td>26.5g</td>
<td>86.4g</td>
<td>616</td>
<td>19.3g</td>
</tr>
<tr>
<td>Tuesday, January 17</td>
<td>Sausage &amp; Egg Burrito or Strawberry or Raspberry Dunkers Fruit &amp; Juice Non-Fat or 1% White Milk</td>
<td>Chicken &amp; Cheese Burrito Fiesta Rice &amp; Beans Fresh Fruit &amp; Veggie Bar 1% White or Non-Fat Chocolate/White Milk</td>
<td>31.1g</td>
<td>118.8g</td>
<td>761</td>
<td>16.2g</td>
</tr>
<tr>
<td>Wednesday, January 18</td>
<td>Mini Egg &amp; Cheese Bagel Sandwich or Breakfast Cereal Fruit &amp; Juice Non-Fat or 1% White Milk</td>
<td>Spaghetti Spirals &amp; Meat Sauce Fresh Fruit &amp; Veggie Bar 1% White or Non-Fat Chocolate/White Milk</td>
<td>23.4g</td>
<td>84.6g</td>
<td>516</td>
<td>11.7g</td>
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<tr>
<td>Thursday, January 19</td>
<td>Sausage, Egg &amp; Cheese Pocket or Cream Cheese Bagel Bar Fruit &amp; Juice Non-Fat or 1% White Milk</td>
<td>Chicken Greasy Whole Grain Biscuit Fresh Fruit &amp; Veggie Bar 1% White or Non-Fat Chocolate/White Milk</td>
<td>32.8g</td>
<td>93.6g</td>
<td>667</td>
<td>18.8g</td>
</tr>
<tr>
<td>Friday, January 20</td>
<td>Pancake on a Stick or Mini Cinnamon Rolls Fruit &amp; Juice Non-Fat or 1% White Milk</td>
<td>Chicken Nuggets Oven Baked French Fries Fresh Fruit &amp; Veggie Bar 1% White or Non-Fat Chocolate/White Milk</td>
<td>36.6g</td>
<td>87.5g</td>
<td>643</td>
<td>16.7g</td>
</tr>
<tr>
<td>Monday, January 23</td>
<td>Mini Blueberry Waffles or Cherry Apple Breakfast Bar Fruit &amp; Juice Non-Fat or 1% White Milk</td>
<td>Ham &amp; Cheese Pull-A-Parts Green Beans Fresh Fruit &amp; Veggie Bar 1% White or Non-Fat Chocolate/White Milk</td>
<td>32.5g</td>
<td>86.6g</td>
<td>576</td>
<td>12.3g</td>
</tr>
<tr>
<td>Tuesday, January 24</td>
<td>Sausage Breakfast Pizza or Strawberry or Raspberry Dunkers Fruit &amp; Juice Non-Fat or 1% White Milk</td>
<td>Lasagna Roll Ups Garlic Bread Stick Fresh Fruit &amp; Veggie Bar 1% White or Non-Fat Chocolate/White Milk</td>
<td>29.9g</td>
<td>113.1g</td>
<td>716</td>
<td>16.1g</td>
</tr>
<tr>
<td>Wednesday, January 25</td>
<td>Ham &amp; Egg Combo Bar or Peach Yogurt Parfait Fruit &amp; Juice Non-Fat or 1% White Milk</td>
<td>Chicken Gravy Whole Grain Biscuit Fresh Fruit &amp; Veggie Bar 1% White or Non-Fat Chocolate/White Milk</td>
<td>32.8g</td>
<td>93.6g</td>
<td>667</td>
<td>18.8g</td>
</tr>
<tr>
<td>Thursday, January 26</td>
<td>Mini French Toast Banana Bread Fruit &amp; Juice Non-Fat or 1% White Milk</td>
<td>Chicken Nuggets Oven Baked French Fries Fresh Fruit &amp; Veggie Bar 1% White or Non-Fat Chocolate/White Milk</td>
<td>33.3g</td>
<td>78.6g</td>
<td>621</td>
<td>19.5g</td>
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<tr>
<td>Friday, January 27</td>
<td>Chicken Nuggets Oven Baked French Fries Fresh Fruit &amp; Veggie Bar 1% White or Non-Fat Chocolate/White Milk</td>
<td>Spaghetti Spirals &amp; Meat Sauce Fresh Fruit &amp; Veggie Bar 1% White or Non-Fat Chocolate/White Milk</td>
<td>32.7g</td>
<td>110.1g</td>
<td>686</td>
<td>14.6g</td>
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</tbody>
</table>

**Questions and Answers:**

**Q:** Why did the food think the chef was such a mean guy?

**A:** Because he slammed the pots and pans and made the kitchen echo! Because he packed the pans, and made the people check! Because he packed the pans, and made the people check! Because he packed the pans, and made the people check!