

Elementary Menu For December 2019

Bethel School District

This institute is an equal opportunity provider

Monday, December 2

Breakfast

Sausage Breakfast Pizza or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Mozzarella Bread Sticks w/
Marinara Sauce, Green Beans
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 31.1g Carbs: 95.0g
Calories: 628 Total fat 15.8g

Tuesday, December 3

Breakfast

French Toast Sticks w/ Syrup or
Yogurt Dunkers
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Sweet & Sour Chicken
Whole Grain Rice
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 30.3g Carbs: 103.5g
Calories: 598 Total fat 8.5g

Wednesday, December 4

Breakfast

Sausage & Cheese Biscuit or
Oatmeal Bar
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Spaghetti Spirals & Meat Sauce
Whole Grain Breadstick
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 27.4g Carbs: 93.5g
Calories: 601 Total fat 14.5g

Thursday, December 5

Breakfast

Cinnamon Roll or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Chicken Nuggets
Oven Baked Fries
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 27.9g Carbs: 91.0g
Calories: 605 Total fat 18.4g

Friday, December 6



Monday, December 9

Breakfast

Breakfast Wrap or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Personal Pepperoni Pizza Pie
Green Beans
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 27.1g Carbs: 92.1g
Calories: 613 Total fat 17.3g

Tuesday, December 10

Breakfast

Mini Strawberry Pancakes or
Yogurt Dunkers
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Macho Nachos w/ Corn Chips
Land-o-Lakes Cheese Sauce, Taco Meat
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 28.1g Carbs: 96.5g
Calories: 618 Total fat 15.2g

Wednesday, December 11

Late Arrival No Breakfast



Lunch

Corn Dog
Cheddar Goldfish
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 21.6g Carbs: 97.6g
Calories: 607 Total fat 13.6g

Thursday, December 12

Breakfast

Blueberry Yogurt Parfait or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

New Lunch Entrée! Mini Cheese Calzones

Minestrone Soup
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 34.5g Carbs: 118.2g
Calories: 743 Total fat 16.2g

Friday, December 13

Breakfast

Cream Cheese Bagel Bar or
Yogurt Dunkers
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Chipotle Sloppy Joe
Bethel Baked Beans
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 39.5g Carbs: 108.4g
Calories: 744 Total fat 15.8g

Happy Holidays!

From:

Leeda Beha, Director of Child Nutrition
and the entire Child Nutrition staff!

Holiday Break begins
Monday, Dec. 23rd

Classes Resume
Monday, Jan. 6th



Monday, December 16

Breakfast

Sausage Breakfast Pizza or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Ham & Cheese Pull-a-Parts
Tomato Soup
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 33.9g Carbs: 96.1g
Calories: 620 Total fat 12.8g

Tuesday, December 17

Breakfast

Mini Blueberry Waffles or
Yogurt Dunkers
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Teriyaki Beef Bites
Whole Grain Rice
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 31.0g Carbs: 82.9g
Calories: 578 Total fat 13.4g

Wednesday, December 18

Breakfast

Mini Bagel w/ Egg & Cheese or
Oatmeal Bar
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Soft Shell Taco
Fiesta Rice
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 29.0g Carbs: 89.5g
Calories: 626 Total fat 17.3g

Thursday, December 19

Breakfast

Cinnamon Roll or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

Holiday Lunch!

Turkey Gravy & Mashed Potatoes
Whole Grain Roll, Cranberry Sauce
Holiday Cookie
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 31.6g Carbs: 122.1g
Calories: 794 Total fat 21.5g

Friday, December 20

Breakfast

Banana Bread or
Oatmeal Bar
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

Protein: 34.7g Carbs: 107.2g
Calories: 695 Total fat 14.2g