



Bethel Public School

December 2021



	Breakfast Of the Day, Cereal Or Grab and Go Smoothie Breakfast includes your choice of Milk, Juice & Fruit	Lower Elem Lunch Grades PK-2nd Milk & Fruit Available Every day 	Up-Stairs Lunch Grades 3-12 Salad Bar Available Every day! Your Choice of: Choc or White Milk & Fruit	Down Stairs Lunch Grab and Go Meals Grades 3-12 Veggie and Fruit Bar Available Every day!
Wednesday 12/1/21	Cereal Day!	Chicken & Noodles, Green Beans & Roll	Chicken & Noodles, Green Beans & Roll	Turkey Sandwich Ham & Cheese Sandwich Chef Salad
Thursday 12/2/21	French Toast Bake	Frito Chili Pie & Broccoli	Frito Chili Pie & Broccoli	Sandwich includes: Fruit, Veggies and Milk
Friday 12/3/21	Biscuit & Gravy!	Ham & Mac & Cheese, Mixed Veggies	Chicken Fried Rice with Mixed Veggies	Lunch Includes your choice of White or Choc Milk
Monday 12/6/21	Pancake on a Stick	Chicken Sandwich & Broccoli	Chicken Sandwich & Broccoli	
Tuesday 12/7/21	Sausage Pig in a Blanket	Beef & Bean Burrito with Chili & Cheese Corn	Beef & Bean Burrito with Chili & Cheese Corn	
Wednesday 12/8/21	Cereal Day!	Corn Dog & Fries	Corn Dog & Fries	
Thursday 12/9/21	Breakfast Tacos	Pepperoni Pizza & Fresh Veggies	Pepperoni Pizza & Fresh Veggies	
Friday 12/10/21 	Biscuit & Gravy! 	CHRISTMAS DINNER! Turkey, Mashed Potatoes, Green Beans, Roll, Stuffing, Gravy & Pumpkin Cake	CHRISTMAS DINNER! Turkey, Sweet Potatoes, Green Beans, Roll, Stuffing, Gravy & Pumpkin Cake	
Monday 12/13/21	Hot Cinnamon Oatmeal & Toast	Hamburger & Beans	Hamburger & Beans	
Tuesday 12/14/21	Sausage Biscuit	Chicken Nachos, Beans & Corn	Chicken Nachos, Beans & Corn	
Wednesday 12/15/21	Cereal Day!	Spaghetti & Meat Sauce, Roll & Italian Salad	Spaghetti & Meat Sauce, Roll & Italian Salad	
Thursday 12/16/21	Donut Day!	Chef Choice	Chef Choice	
Friday 12/17/21	Biscuit & Gravy!	Mazzio's Pizza Day! Cheese 	Mazzio's Pizza Day! Pepperoni 	Mazzio's Pizza Day! Cheese  (Grab & Go will be limited)
Monday-Friday 12/20/21 – 12/31/21 NO SCHOOL				
	Join Us For Breakfast! Breakfast is served Daily in our Lower Elem & Upper Café. Fruit, Juice & Milk are offered Daily at Breakfast 	Did you Know: December 1 st is National EAT AT RED APPLE DAY? Red Delicious apples are high in dietary fiber and contain vitamin C . They offer a small amount of vitamin A and sodium and traces of calcium and iron. Red Delicious apples are higher in antioxidants than many other apple varieties, most of which are contained in the skin. 	Fun Web Sites: www.choosemyplate.gov www.fueluptoplay60.com 	 ChooseMyPlate.gov Menus subject to change



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