

Mount Bethel Christian Academy

8/28/17 to 9/01/17

WEEK #5 Cycle Menu A	MONDAY 8/28/17	TUESDAY 8/29/17	WEDNESDAY 8/30/17	THURSDAY 8/31/17	FRIDAY 9/01/17
<u>BREAKFAST</u> <u>Age: 6-12: 80</u> <u>Total: 80</u>	Milk Cheese Slice Raisins Mini Wheats Cereal	Milk Pears Whole Grain Bagel Cream Cheese	Milk Yogurt Pineapple Original Cheerios (100% Whole Grain)	Milk Banana Blueberry Muffin	Milk Boiled Egg Applesauce Whole Wheat Toast Butter & Jelly
<u>LUNCH</u> <u>Age: 6-12: 160</u> <u>Total: 160</u>	Milk Pulled Chicken Gravy or Sauce Corn & Edamame Blend Peaches Macaroni & Cheese	Milk Chicken Nuggets Plantains Fresh Tomato, Corn & Avocado Salad Light Ranch Dressing Yellow Rice	Milk Scrambled Eggs & Cheese Roasted Red Potatoes Fresh Orange Wedges Pancakes Syrup	Milk Tacos Mixed Vegetables Seasonal Fresh Fruit Brown Rice	Milk Fish Sticks Carrots Salad (Spinach, Romaine, Tomato, Cucumber) Italian Dressing Soft Roll

