

Mount Bethel Christian Academy

9/04/17 to 9/08/17

WEEK #1 <u>Cycle Menu A</u>	MONDAY 9/04/17 Labor Day	TUESDAY 9/05/17	WEDNESDAY 9/06/17	THURSDAY 9/07/17	FRIDAY 9/08/17
<p><u>BREAKFAST</u></p> <p><u>Age: 6-12: 80</u></p> <p><u>Total: 80</u></p>		<ul style="list-style-type: none"> • Milk • Pears • Multi Grain Cheerios 	<ul style="list-style-type: none"> • Milk • Provolone Cheese Slice • Raisins • 100% Whole Grain Bread Slice 	<ul style="list-style-type: none"> • Milk • Cinnamon Apples • Mini Wheats Cereal 	<ul style="list-style-type: none"> • Milk • Yogurt • Banana • Corn Flakes Cereal
<p style="text-align: center;"><u>LUNCH</u></p> <p><u>Age: 6-12: 180</u></p> <p><u>Total: 180</u></p>		<ul style="list-style-type: none"> • Milk • Soft Tortilla Tacos (Ground beef, shredded cheese, shredded lettuce & Mild Salsa) • Mexican Corn • Applesauce 	<ul style="list-style-type: none"> • Milk • Chicken Tenders • Roasted Cauliflower • Seasonal Fresh Fruit 	<ul style="list-style-type: none"> • Milk • Breaded Fish • Ketchup • Carrots • Mandarin Oranges • Tater Tots 	<ul style="list-style-type: none"> • Milk • Arroz con Pollo (with White & Brown Rice) • Green Beans • Salad (w/Spinach, Romaine, Tomato, Cucumber) • Low Fat Ranch Dressing



Mount Bethel Christian Academy

9/11/17 to 9/15/17

Cycle Menu A WEEK #2	MONDAY 9/11/17	TUESDAY 9/12/17	WEDNESDAY 9/13/17	THURSDAY 9/14/17	FRIDAY 9/15/17
<p><u>BREAKFAST</u></p> <p><u>Age: 6-12: 80</u></p> <p><u>Total: 80</u></p>	<ul style="list-style-type: none"> • Milk • Yogurt • Cereal 	<ul style="list-style-type: none"> • Milk • Tropical Mixed Fruit • Cinnamon Raisin Bagel • Cream Cheese 	<ul style="list-style-type: none"> • Milk • Banana • Biscuit • Butter 	<ul style="list-style-type: none"> • Milk • Hard Boiled Egg (1/2) • Peaches • English Muffin • Butter • Jelly 	<ul style="list-style-type: none"> • Milk • Fresh Orange Wedges • Rice Chex Cereal
<p><u>LUNCH</u></p> <p><u>Age: 6-12: 180</u></p> <p><u>Total: 180</u></p>	<ul style="list-style-type: none"> • Milk • Refried Beans • Corn • Pears • Brown Rice 	<ul style="list-style-type: none"> • Milk • Chicken Nuggets • Ketchup • Steamed or Roasted Broccoli • Cold Sweet Potato and Black Bean Salad • 100% Whole Grain Bread 	<ul style="list-style-type: none"> • Milk • Salisbury Steak • Gravy • Peas & Carrots • Seasonal Fresh Fruit • Macaroni & Cheese 	<ul style="list-style-type: none"> • Milk • Ground Turkey and Beef Spanish Rice • Plantains • Waldorf Fruit Salad • Brown Rice 	<ul style="list-style-type: none"> • Milk • Turkey Cuban Sandwich (Turkey, Swiss & Pickles) • Mayo & Mustard • Salad (Spinach & Romaine, Tomato, Cucumber) • Low-fat Ranch Dressing • Hoagie Bread

Mount Bethel Christian Academy

9/18/17 to 9/21/17

WEEK #3 <u>Cycle Menu A</u>	MONDAY 9/18/17	TUESDAY 9/19/17	WEDNESDAY 9/20/17	THURSDAY 9/21/17	FRIDAY 9/22/17
<p><u>BREAKFAST</u></p> <p><u>Age: 6-12: 80</u></p> <p><u>Total: 80</u></p>	<ul style="list-style-type: none"> • Milk • Yogurt • Peaches • Original Cheerios (100% Whole Grain) 	<ul style="list-style-type: none"> • Milk • Mandarin Oranges • Raisin Bread (Plain) • Butter 	<ul style="list-style-type: none"> • Milk • Mozzarella Cheese Slice • Seasonal Fresh Fruit • Frosted Mini Wheats Little Bites Original Cereal (100% Whole Grain) 	<ul style="list-style-type: none"> • Milk • Cinnamon Apples • Blueberry Muffin 	<ul style="list-style-type: none"> • Milk • Hard Boiled Egg (1/2) • Banana • 100% Whole Grain English Muffin • Butter • Jelly
<p><u>LUNCH</u></p> <p><u>Age: 6-12: 180</u></p> <p><u>Total: 180</u></p>	<ul style="list-style-type: none"> • Milk • Chicken & Bean Enchilada Bake • Zucchini, Corn, Tomatoes • Pineapple • Whole Grain Tortilla Chips 	<ul style="list-style-type: none"> • Milk • Pollo Stew • Mixed Vegetables • Fresh Apple Slices • Yellow Rice 	<ul style="list-style-type: none"> • Milk • Turkey Meatloaf • Ketchup • Fresh Mashed Sweet Potatoes • Fruit Cocktail • 100% Whole Grain Bread 	<ul style="list-style-type: none"> • Milk • Spaghetti & Meat Sauce • Steamed or Roasted Carrots • Salad (Spinach, Romaine, Tomato, Cucumber) • Lowfat Ranch Dressing 	<ul style="list-style-type: none"> • Milk • Pizza • Green Peas • Pears



Mount Bethel Christian Academy

9/25/17 to 9/29/17

WEEK #4 Cycle Menu A	MONDAY 9/25/17	TUESDAY 9/26/17	WEDNESDAY 9/27/17	THURSDAY 9/28/17	FRIDAY 9/29/17
<p><u>BREAKFAST</u></p> <p><u>Age: 6-12: 80</u></p> <p><u>Total: 80</u></p>	<ul style="list-style-type: none"> • Milk • Yogurt • Fruit Cocktail • Blueberry Muffin 	<ul style="list-style-type: none"> • Milk • Applesauce • Corn Flakes 	<ul style="list-style-type: none"> • Milk • Cheese Slice • Seasonal Fresh Fruit • 100% Whole Grain Bread • Butter 	<ul style="list-style-type: none"> • Milk • Peaches • 100% Whole Grain English Muffin • Soynut Butter • Jelly 	<ul style="list-style-type: none"> • Milk • Banana • Multigrain Cheerios Cereal
<p><u>LUNCH</u></p> <p><u>Age: 6-12: 180</u></p> <p><u>Total: 180</u></p>	<ul style="list-style-type: none"> • Milk • Roasted Chicken • Green Peas • Pineapple • White Rice 	<ul style="list-style-type: none"> • Milk • Chicken Nuggets • Honey Mustard • Squash • Fresh Sliced Tomato • Soft Roll 	<ul style="list-style-type: none"> • Milk • Bean Burrito • Plantains • Fresh Broccoli Florets • Lowfat Ranch Dip 	<ul style="list-style-type: none"> • Milk • Baked Chicken • Fresh Mashed Potatoes • Salad (Spinach, Romaine, Tomato, Cucumber) • Lowfat Ranch Dressing • Cuban Bread 	<ul style="list-style-type: none"> • Milk • Cheeseburger on a Bun • Lettuce & Tomato • Mustard, Mayo, Ketchup • Corn • Pears

