



Bethel Public School

February 2019



	Breakfast *3 rd -12 th Alt Choice Cereal & Toast or Smoothie	Lower Elem Lunch Grades PK-2nd 	Up-Stairs Lunch Grades 3-12 *Salad Bar Available	Down Stairs Lunch Grades 3-12 *Salad Bar Available 
Friday 2/1/19	Sausage Cheese Biscuit, Fruit, Juice & Milk	Chicken Fried Steak, Mashed Potatoes, Gravy, Roll, Green Beans, Fruit & Milk	Pizza Sub Sandwich Or Everyday Offerings	Chicken Fried Steak, Mashed Potatoes, Green Beans, Roll, Fruit & Milk
Monday 2/4/19	Pancake Bites, Fruit, Juice & Milk	BBQ Beef Sandwich, Baked Beans, Peas, Fruit & Milk	Tuscan Chicken Sandwich Or Everyday Offerings	BBQ Beef Sandwich, Baked Beans, Peas, Fruit & Milk
Tuesday 2/5/19	Breakfast Pizza, Fruit, Juice & Milk	Soft Chicken Taco, Corn,, Refried Beans, Fruit & Milk	BOB (Big O Burrito) Or Everyday Offerings	Street Taco's, Corn, Refried Beans, fruit & Milk
Wednesday 2/6/19	Cereal Day!	Home Style Roast Beef, Mashed Potatoes, Carrots, Roll, Fruit & Milk	Mac & Cheese Bar Or Everyday Offerings	Home Style Roast Beef, Mashed Potatoes, Carrots, Roll, Fruit & Milk
Thursday 2/7/19	Cheesy Eggs & Toast, Fruit, Juice & Milk	Spaghetti with Meat Sauce, Roll, Broccoli, Fruit & Milk	Potato Bar Or Everyday Offerings	Spaghetti with Meat Sauce, Roll, Broccoli or Cauliflower, Fruit & Milk
Friday 2/8/19	Breakfast Burrito, Fruit, Juice & Milk	Breakfast for Lunch!	Breakfast for Lunch! Or Everyday Offerings	Breakfast for Lunch!
Monday 2/11/19	Donut Day! Fruit, Juice & Milk	Burger, Tator Tots, Peas, Fruit & Milk	Tuscan Chicken Sandwich Or Everyday Offerings	Burger, Tator Tots, Peas, Fruit, & Milk
Tuesday 2/12/19	Breakfast Bar, Toast, Fruit, Juice & Milk	Beef Taco Pie, Tortilla Chip, Corn, Fruit & Milk	BOB (Big O Burrito) Or Everyday Offerings	Chicken Fajita, Fajita Veggies, Black bean and corn salad, Corn, Fruit & Milk
Wednesday 2/13/19	Cereal Day!	Hot Ham & Cheese Sandwich, Fresh Carrots & Celery, Pickle Spear, Fruit, Juice & Milk	Pasta Bar Or Everyday Offerings	Philly Beef Steak Sandwich, Green Beans or Peppers, Fruit & Milk
Thursday 2/14/19 	Cinnamon Raisin Bagel, Cream Cheese, Fruit, Juice & Milk 	Heart Chicken Nuggets, Broccoli, Fruit & Milk 	Hawaiian Chicken & Rice Or Everyday Offerings 	Heart Chicken Nuggets, Broccoli, Fruit & Milk 
Friday 2/15/19	NO School	NO School	NO School	NO School
Monday 2/18/19	NO School Presidents Day	NO School Presidents Day	NO School Presidents Day	NO School Presidents Day
Tuesday 2/19/19	Biscuit Sausage, Fruit, Juice & Milk	Taco Burger, Corn, Black Beans, Fruit & Milk	Beef & Bean Burrito Or Everyday Offerings	Taco Burger, Corn, Black Beans, Fruit & Milk
Wednesday 2/20/19	Cereal Day!	Corn Dog, Blackeye Peas, Carrots, Fruit & Milk	Mac & Cheese Bar Or Everyday Offerings	Corn Dog, Blackeye Peas, Carrots, Fruit & Milk
Thursday 2/21/19	French Toast Bites, Fruit, Juice & Milk	Meat Loaf, Mashed Potatoes, Green Beans, Roll, Fruit & Milk	Potato Bar Or Everyday Offerings	Meat Loaf, Mashed Potatoes, Green Beans, Roll, Fruit & Milk
Friday 2/22/19	Biscuit & Gravy Day!	Mazzio's Cheese Pizza! Green Salad 	Mazzio's Pepperoni Pizza! 	Mazzio's Cheese Pizza! Broccoli or Cauliflower 
Monday 2/25/19	Breakfast Pizza, Fruit, Juice & Milk	Hamburger, Fries, Salad, Fruit, & Milk	Chili Fries Or Everyday Offerings	Hamburger, Fries, Carrots, Fruit, & Milk
Tuesday 2/26/19	Breakfast Bar , Toast, Fruit, Juice & Milk	Beef Nacho's, Corn, Black Bean Salad, Fruit & Milk	BOB (Big O Burrito) Or Everyday Offerings	Beef Nacho's, Corn, Black Bean Salad, Fruit & Milk
Wednesday 2/27/19	Cereal Day!	Chicken & Noodles, Mashed Potatoes, Broccoli, Fruit & Milk	Pasta Bar Or Everyday Offerings	Chicken & Noodles, Mashed Potatoes, Broccoli, Fruit & Milk
Thursday 2/28/19	Scrambled Eggs, Toast, Fruit, Juice, & Milk	Beef Stew, Biscuit, Celery & Carrot sticks, Fruit & Milk	Hawaiian Chicken & Rice Or Everyday Offerings	Beef Stew, Biscuit, Peas or Carrots, Fruit & Milk
	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: . Despite their small size, the average strawberry contains 200 seeds	EVERYDAY OFFERINGS Upstairs Chef Salad Smoke Turkey Sandwich or Hot Ham & Cheese W/Veggie Boat Soup of the Day 	Fun Web Sites: www.choosemyplate.gov www.fueluptoplay60.com www.choosemyplate.gov 