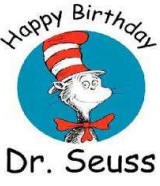

























Bethel Public School

March 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 3/1/19	Breakfast With Dads Sausage, Biscuit, Gravy, Fruit, Juice & Milk (Coffee)	Cheese Pizza, Green Salad, Fruit, & Milk	Ham & Cheese Hot Pocket Or Everyday Offerings	Cheese Pizza, Italian Green Salad, Fruit, & Milk
Monday 3/4/19 	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 3/5/19	Breakfast Pizza, Fruit, Juice & Milk	Soft Chicken Taco, Corn,, Refried Beans, Fruit & Milk	BOB (Big O Burrito) Or Everyday Offerings	Street Taco's, Black Bean & Corn Salad, fruit & Milk 
Wednesday 3/6/19	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 3/7/19	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 3/8/19	Breakfast Burrito, Fruit, Juice & Milk	Breakfast for Lunch!	Breakfast for Lunch! Or Everyday Offerings	Breakfast for Lunch! 
Monday 3/11/19	Donut Day! Fruit, Juice & Milk	Burger, Tator Tots, Peas, Fruit & Milk 	Tuscan Chicken Sandwich Or Everyday Offerings	Burger, Tator Tots, Peas, Fruit, & Milk
Tuesday 3/12/19	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 3/13/19	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 3/14/19	Cinnamon Raisin Bagel, Cream Cheese, Fruit, Juice & Milk	Hot Dog, Baked Bean, Veggie, Fruit & Milk 	Hawaiian Chicken & Rice Or Everyday Offerings	Hot Dog, Baked Beans, Veggie Fruit & Milk
Friday 2/15/19	NO School	NO School	NO School	NO School
Monday-Friday 3/18/19 – 3/22/19	NO School 	NO School Spring Break	NO School 	NO School Spring Break
Monday 3/25/19	Breakfast Pizza, Fruit, Juice & Milk	Hamburgers, Fries, Mix Green Salad, Fruit & Milk	Chili Fries Or Everyday Offerings	Hamburgers, Fries, Carrots, Fruit & Milk 
Tuesday 3/26/19	Breakfast Bar, Toast, Fruit, Juice & Milk	Beef Nacho's, Corn, Black Beans, Fruit & Milk	BOB (Big O Burrito) Or Everyday Offerings	Beef Nacho's, Corn, Black Beans, Fruit & Milk
Wednesday 3/27/19	Cereal Day!	Chicken Noodles, Biscuit, Broccoli, Fruit & Milk	Pasta Bar Or Everyday Offerings	Chicken Noodles, Biscuit, Broccoli, Fruit & Milk
Thursday 3/28/19	French Toast Bites, Fruit, Juice & Milk	Salisbury Steak, Mashed Potatoes, Green Beans, Roll, Fruit & Milk	Hawaiian Chicken & Rice Or Everyday Offerings	Salisbury Steak, Mashed Potatoes, Green Beans, Roll, Fruit & Milk
Friday 3/29/19	Biscuit & Gravy Day!	Mazzio's Pepperoni Pizza! Green Salad,  Fruit & Milk	Mazzio's Pepperoni Pizza! 	Mazzio's Cheese Pizza! Broccoli or Cauliflower 
	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: National School Breakfast Week is March 4-8, 2019. Children who eat breakfast at school perform better on standardized tests than those who skip breakfast. 	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 