











# Bethel Public School

## May 2019



	<b>Breakfast</b> *3 <sup>rd</sup> -12 <sup>th</sup> Alt Choice <b>Cereal &amp; Toast or Smoothie</b> 	<b>Lower Elem Lunch</b> <b>Grades PK-2<sup>nd</sup></b> 	<b>Up-Stairs Lunch</b> <b>Grades 3-12</b> *Salad Bar Available 	<b>Down Stairs Lunch</b> <b>Grades 3-12</b> *Salad Bar Available 
<b>Monday</b> <b>4/29/19</b>	Breakfast Pizza, Fruit, Juice & Milk	Hamburgers, Tri Tator, Fruit & Milk	Tuscan Chicken Sandwich Or Everyday Offerings	Hamburgers, Tator Tots, California Blend, Fruit & Milk
<b>Tuesday</b> <b>4/30/19</b>	Donut Day!	Walking Taco, Corn, Fruit & Milk	BOB (Big O Burrito) Or Everyday Offerings	Walking Taco, Corn, Fruit & Milk
<b>Wednesday</b> <b>5/1/19</b>	Cereal Day!	Sloppy Joe, Broccoli, Fruit & Milk	Pasta Bar Or Everyday Offerings	Sloppy Joe, Broccoli, Fruit & Milk
<b>Thursday</b> <b>5/2/19</b>	Biscuit & Sausage, Fruit, Juice & Milk	Hot Dog , Carrots, Fruit & Milk	Chicken & Rice Stir Fry /Egg Roll Or Everyday Offerings	Hot Dog, Carrots , Fruit & Milk
<b>Monday</b> <b>5/6/19</b>	Pancake Bites, Fruit, Juice & Milk	Mac & Cheese Day!	Tuscan Chicken Sandwich Or Everyday Offerings	Steak Sandwich, Green Beans, Fruit & Milk
<b>Tuesday</b> <b>5/7/19</b>	Breakfast Bar, Toast, Fruit, Juice & Milk	Chicken Nachos, Black Beans, Corn, Fruit & Milk	BOB (Big O Burrito) Or Everyday Offerings	Fajita Chicken, Black Beans, Corn, Fruit & Milk
<b>Wednesday</b> <b>5/8/19</b>	Cereal Day!	BBQ Beef Sandwich, Veggie, Fruit & Milk	Mac & Cheese Bar Or Everyday Offerings	BBQ Beef Sandwich, Veggie, Fruit & Milk
<b>Thursday</b> <b>5/9/19</b>	Breakfast With MOMS! Biscuit, Gravy, Sausage, Fresh Fruit, Juice, Milk & Coffee	Chef Choice Day!	Chef Choice Day!	Chef Choice Day!
<b>Monday</b> <b>5/13/19</b>	French Toast Bites, Fruit, Juice & Milk	Chef Choice	Tuscan Chicken Sandwich Or Everyday Offerings	Serving from Upstairs Only
<b>Tuesday</b> <b>5/14/19</b>	Chef Choice Day!	Taco Burger, Corn, Fruit, & Milk	BOB (Big O Burrito) Or Everyday Offerings	Serving from Upstairs Only
<b>Wednesday</b> <b>5/15/19</b>	Cereal Day!	Spaghetti W Meat Sauce, Veggie, Fruit & Milk	Spaghetti W Meat Sauce Or Red Sauce OR Every Day Offerings	Serving from Upstairs Only
<b>Thursday</b> <b>5/16/19</b> <b>Last Day of School!</b>	Chef Choice!	Sack Lunch Day!	Sack Lunch Day!	Serving from Upstairs Only
<b>Have a fun and Safe Summer!</b> 	Join Us For Breakfast! Breakfast is served Daily in our Lower Elem & Upper Café. Fruit, Juice & Milk are offered Daily at Breakfast 	<b>Did you Know:</b>  One of the most hydrating foods to eat is cucumber, made up of 96% water. It contains electrolytes, which are minerals that include calcium, chloride, magnesium, phosphate, potassium, and sodium, which helps your body restore what it may have lost through dehydration	<b>EVERYDAY OFFERINGS</b> Upstairs Chef Salad Smoke Turkey Sandwich or Hot Ham & Cheese W/Veggie Boat Soup of the Day 	<b>Fun Web Sites:</b> <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a> <a href="http://www.fueluptoplay60.com">www.fueluptoplay60.com</a> <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a> 