

December 2020 Bethel-Tate Hill Intermediate School-Go Tigers

LUNCH



Daily Entrée Choices: PBJ Lunch Pack

This institution is an equal opportunity provider



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains. FF chocolate or 1% white milk choice.

Reference: USDA MyPlate



Monday

Questions or concerns- please call or email Darlene Parks at 734-2271 ext 7190 or

Darlene.parks@betheltate.org



Tuesday

Chicken Nuggets **1**
W/Breadstick
Seasoned Carrots
Apple Slices
Milk

Wednesday

Turkey, Ham & Cheese on Bun **2**
Homemade Baked Beans
SideKick Slushie
Milk

Thursday

Chicken Quesadilla W/Sauce **3**
Seasoned Broccoli
Peaches/Fruit
Milk

Friday

Hamburger on Bun **4**
French Fries
Pears/Fruit
Milk

Mini Corn Dogs **7**
Seasoned Corn
Strawberries/Fruit
Milk

Chicken Patty on Bun **8**
Baked Beans
Carrot Sticks
Mixed Fruit /Fruit
Milk

Egg, Cheese and Sausage on Bun **9**
Hash Browns
Juice Cup
Milk

Cheese Pizza **10**
Seasoned Broccoli
Apple/Applesauce
Milk

Cheese Burger on Bun **11**
Waffle Fries
Pears /Fruit
Milk

Soft Pretzel W/Cheese Sauce **14**
Carrot Sticks
Yogurt
Peaches/Fruit
Milk

Popcorn Chicken W/Breadstick **15**
Seasoned Corn
Mixed Fruit/Fruit
Milk

Hotdog on Bun **16**
Baked Beans
Strawberries/Fruit
Milk

Bosco Sticks W/Marinara Sauce **17**
Seasoned Green Beans
Celery Sticks
Applesauce /Fruit
Milk

Hamburger on Bun **18**
French Fries
Sidekick Slushies
Milk

21
No School. Enjoy your day off

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No School. Enjoy your day off

28
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No School. Enjoy your day **29**

No School. Enjoy your day **30**

Breakfast and Lunch is FREE **31**
to all Students until May 31, 2021

