

December 2020

Bethel-Tate William Bick School-Go Tigers



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 W/Breadstick 1
Seasoned Carrots
Apple Slices/Fruit
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 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/Bread 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

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No School. Enjoy your day off

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

