

# December 2020

## Bethel-Tate High School 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](mailto:Darlene.parks@betheltate.org)



### Tuesday

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

### Wednesday

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

### Thursday

Chicken Quesadilla W/Sa  
Seasoned Broccoli  
Peaches  
Milk **3**

### Friday

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

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

Nacho Cheese  
Haystack, Taco Beef & Cheese Sauce & Chips  
Refried Beans  
Mixed Fruit/Fruit  
Milk **8**

Brunch for Lunch  
French Toast Sticks  
Sausage Patty  
Hash Browns  
Juice Cup  
Milk **9**

Stuff Crust Pizza  
Seasoned Broccoli  
Apple/Applesauce  
Milk **10**

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

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

Chicken Fajita Wrap W/Ch  
Salsa  
Refried Beans  
Mixed Fruit/Fruit  
Milk **15**

Chili Cheese Coney W/Ch  
Seasoned Corn  
Strawberries  
Milk **16**

Bosco Sticks W/Marinara Sa  
Seasoned Green Beans  
Applesauce  
Milk **17**

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

**21**  
No School. Enjoy your day off

**22**  
No School. Enjoy your day off

**23**  
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**24**  
No School. Enjoy your day off

**25**  
No School. Enjoy your day off

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

No School. Enjoy your day **29**

No School. Enjoy your day **30**

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

