

December 2020

Bethel-Tate Middle 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
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
Celery Sticks
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

No School. Enjoy your day off

24

No School. Enjoy your day off

25

No School. Enjoy your day off

28

No School. Enjoy your day off.

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No School. Enjoy your day

30

No School. Enjoy your day

31

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

