

# April 2021

## Bethel-Tate All Schools-Go Tigers

### BREAKFAST



**Breakfast and Lunch is Free until the end of the school year**

**This Institution is an equal opportunity provider**



**Nutrition Tip:** Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries. Milk Choices: FF Chocolate, 1% White.



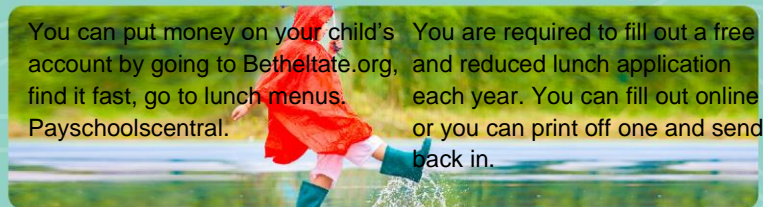
### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



You can put money on your child's account by going to [Betheltate.org](http://Betheltate.org), find it fast, go to lunch menus. [Payschoolscentral](http://Payschoolscentral).

You are required to fill out a free and reduced lunch application each year. You can fill out online or you can print off one and send back in.

Questions or Concerns, Contact Darlene Parks at 513-734-2271 ext. 7190 or email [Darlene.parks@betheltate.org](mailto:Darlene.parks@betheltate.org)

Mini Cinnis  
Mixed Fruit/Fruit  
Milk **1**

No School **2**  
Enjoy your day off

Chocolate Chip Muffin **5**  
Bick...Pop tart  
Graham Cracker  
Applesauce/Fruit  
Milk

Mini Pancakes **6**  
Pears/Fruit  
Milk

Donuts **7**  
Peaches/Fruit  
Milk

Mini Cinnis **8**  
Mixed Fruit/Fruit  
Milk

Cereal Bar **9**  
Applesauce/Fruit  
Milk

Pop tart **12**  
Graham Cracker  
Applesauce/Fruit  
Milk

Mini Pancakes **13**  
Pears/Fruit  
Milk

Donuts **14**  
Peaches/Fruit  
Milk

Mini Cinnis **15**  
Mixed Fruit/Fruit  
Milk

Cereal Bar **16**  
Applesauce/Fruit  
Milk

Chocolate Chip Muffin **19**  
Bick...Poptart  
Graham Cracker  
Applesauce/Fruit  
Milk

Donuts **20**  
Peaches/Fruit  
Milk

Mini Pancakes **21**  
Pears/Fruit  
Milk

Mini Cinnis **22**  
Mixed Fruit/Fruit  
Milk

Cereal Bar **23**  
Applesauce/Fruit  
Milk

Pop tart **26**  
Graham Cracker  
Applesauce/Fruit  
Milk

Mini Pancakes **27**  
Pears/Fruit  
Milk

Donuts **28**  
Peaches/Fruit  
Milk

Mini Cinnis **29**  
Mixed Fruit/Fruit  
Milk

Cereal Bar **30**  
Applesauce/Fruit  
Milk