



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

**This Institution is an equal opportunity provider**



**Fitness Tip:** Find ways to increase physical activity. You could try to:

- Play a sport like basketball, softball, or soccer
  - Walk, skate, or cycle more
  - Do stretches, exercises, or pedal a stationary bike while watching TV
- 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) and reduced lunch application find it fast, go to lunch menus. Payschoolscentral.

You are required to fill out a free 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)

Cheeseburger on Bun  
Seasoned Carrots  
Blueberries, Fruit  
Milk

Enjoy your day off ☺

Chicken Nuggets  
W/Garlic Toast  
Potato Rounds  
Peaches/Fruit  
Milk

Walking Beef Taco  
W/Cheese  
Black Beans/Corn  
Mixed Fruit/Fruit  
Milk

Chicken Tenders  
W/Roll  
Seasoned Peas  
Applesauce/Fruit  
Milk

Chicken Patty on Bun  
Seasoned Carrots  
Strawberries/Fruit  
Milk

Cheese pizza  
French Fries  
Pears/Fruit  
Milk

Soft Warm Pretzel  
W/Cheese Sauce  
Yogurt Cup  
Carrots Sticks  
Peaches/Fruit, Milk

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

Grilled Cheese Sandwich  
French Fries  
Applesauce/Fruit  
Milk

Hamburger on Bun  
Macaroni & Cheese  
Strawberries/Fruit  
Milk

Stuffed Crust Pizza  
Seasoned Broccoli  
Pears/Fruit  
Milk

Bosco Sticks W/Marinara  
Seasoned Carrots  
Peaches/Fruit  
Milk

Brunch for Lunch  
Sausage, Egg & Cheese on Bun  
Hash Brown Potato  
Juice Cup  
Milk

Popcorn Chicken  
W/Breadstick  
Seasoned Broccoli  
Applesauce/Fruit  
Milk

Sub Sandwich on  
Hoagie Bun  
Homemade Baked Bean  
Blueberries/Fruit  
Milk

Chicken Patty on Bun  
Green Beans  
Pears/Fruit  
Milk

Mini Corn Dogs  
Seasoned Corn  
Peaches/Fruit  
Milk

Hotdog W/Cheese on Bun  
Homemade Baked Beans  
Mixed Fruit/Fruit  
Milk

Chicken Nuggets/Roll  
Seasoned Broccoli  
Blueberries/Fruit  
Milk

Cheese Burger on Bun  
Curly Fries  
Oranges/Fruit  
Milk

Cheese Pizza  
Seasoned Carrots  
Sidekick Slushy  
Milk