



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 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

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
Cheese W/Salsa
Black Beans/Corn
Mixed Fruit/Fruit
Milk

Chicken Fajita Wrap
Vegetable Fried Rice
Seasoned Peas
Applesauce/Fruit
Milk

Spicy 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

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

Grilled Cheese Sandwich
Tomato Soup /Crackers
Celery Sticks
Applesauce/Fruit
Milk

Chicken Tenders
Garlic Breadstick
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
French Toast Sticks
Sausage Patty
Hash Brown Potato
Juice Cup
Milk

Popcorn Chicken
W/Breadstick
Homemade Baked Beans
Applesauce/Fruit
Milk

Rotini W/Meat Sauce
Garlic Toast
Green Beans
Blueberries/Fruit
Milk

Chicken Patty on Bun
Seasoned Broccoli
Pears/Fruit
Milk

Mini Corn Dogs
Seasoned Corn
Peaches/Fruit
Milk

Chili Cheese Coney
Homemade Baked Beans
Mixed Fruit/Fruit
Milk

Steak Hoagie on Hoagie
W/Marinara Sauce
Seasoned Broccoli
Blueberries/Fruit
Milk

Cheese Burger on Bun
Curly Fries
Oranges/Fruit
Milk

Cheese Pizza
Seasoned Carrots
Sidekick Slushy
Milk