



Lunch is free until December 31st 2020

This Institution is an equal opportunity provider



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand. Milk Choices: FF Chocolate, 1% White.

Reference: Eat Right

Monday

Questions or concerns-Please call or email Darlene Parks at 513-734-2271 ext 7190 or Darlene.parks@betheltate.org



Tuesday

Wednesday

Thursday

Friday

You can pay for your children online. Go to betheltate.org, Find it Fast, go to Lunch Menus

Daily Choice:
Chef Salad
Big Daddy Pizza



FYI: You are required to fill out a new application for the lunch program each year. You can apply online

No School
Enjoy your day off ☺

1

Chicken Nuggets W/Breads
Seasoned Broccoli
Peaches/Fruit
Milk

4

Beef Burrito W/Cheese Wraps
Seasoned Corn
Mixed Fruit/Fruit
Milk

5

Mini Corn Dogs
French Fries
Strawberries/Fruit
Milk

6

Chicken Quesadilla W/Salsa
Seasoned Carrots
Orange/Fruit
Milk

7

Homemade Turkey on Bun
Homemade Baked Beans
Pears/Fruit
Milk

8

Soft Warm Pretzel
W/Cheese Sauce
Yogurt
Seasoned Carrots
Milk

11

Walking Taco
W/Taco Beef & Cheese
Seasoned Corn
Mixed Fruit/Fruit
Milk

12

Grilled Cheese Sandwich
Mashed Potatoes
Applesauce/Fruit
Milk

13

Bosco Sticks W/Marinara Sauce
Tossed Romaine Salad
Strawberries/Fruit
Milk

14

Hamburger on Bun
Homemade Baked Beans
Pears/Fruit
Milk

15

No School
Enjoy your day off

18

Chicken Nuggets W/Breads
Seasoned Broccoli
Mixed Fruit/Fruit
Milk

19

Nacho Cheese Haystack, Tacos
Beef and Cheese & Chips
Refried Beans
Applesauce/Fruit
Milk

20

Chicken Patty on Bun
Seasoned Carrots
Strawberries/Fruit
Milk

21

Meatball Sub with Sauce and
Cheese
Potato Rounds
Pears/Fruit
Milk

22

Chicken Fajita Wrap W/Cheese
Seasoned Corn
Black Beans
Peaches/Fruit
Milk

25

Chili Cheese Coney W/Cheese
Macaroni and Cheese
Mixed Fruit/Fruit
Milk

26

Brunch for Lunch
French Toast Sticks
Sausage Patty
Hash Brown
Orange Juice
Milk

27

Stuff Crust Pizza
Tossed Romaine Salad
Orange/Fruit
Milk

28

Fish Shapes
French Fries
Pears/Fruit
Milk

29