



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

You can pay for your children online. Go to [betheltate.org](http://betheltate.org), Find it Fast, go to Lunch Menus

### Wednesday

Daily Choice:  
Peanut Butter & Jelly Pack



### Thursday

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

### Friday

No School  
Enjoy your day off 😊

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

Hot Ham and Cheese Sandwich  
Mashed Potatoes  
Strawberries/Fruit  
Milk

13

Bosco Sticks W/Marinara Sauce  
Tossed Romaine Salad  
Applesauce/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, Taco  
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