

May 2021

Bethel-Tate All Schools-Go Tigers

BREAKFAST



Breakfast and Lunch is free to all students until the end of the school year.

This institution is an equal opportunity provider



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often. Milk Choice: FF Chocolate or 1% White Milk

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

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

3

Mini Pancakes
Pears/Fruit
Milk

4

Donuts
Peaches/Fruit
Milk

5

Mini Cinnis
Mixed Fruit/Fruit
Milk

6

Cereal Bar
Applesauce/Fruit
Milk

7

Pop tart
Graham Cracker
Applesauce/Fruit
Milk

10

Mini Pancakes
Pears/Fruit
Milk

11

Donuts
Peaches/Fruit
Milk

12

Mini Cinnis
Mixed Fruit/Fruit
Milk

13

Cereal Bar
Applesauce/Fruit
Milk

14

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

17

Donuts
Peaches/Fruit
Milk

18

Mini Pancakes
Pears/Fruit
Milk

19

Mini Cinnis
Mixed Fruit/Fruit
Milk

20

Cereal Bar
Applesauce/Fruit
Milk

21

Pop tart
Graham Cracker
Applesauce/Fruit
Milk

24

Mini Pancakes
Pears/Fruit
Milk

25

Donuts
Peaches/Fruit
Milk

26

Enjoy your Summer Break

27

Enjoy your Summer Break

28

Enjoy your Summer Break

31

Remember to fill out a Free and Reduced Application for each year. Go to Bethel-Tate.org, find it fast and then to lunch menus.

Questions or concerns-Please call or email Darlene Parks at 513-734-2271 ext. 290 or Darlene.parks@bethel-tate.org

