

# May 2021

## Bethel-Tate High School-Go Tigers

### LUNCH



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

*This institution is an equal opportunity provider*



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety. FF Chocolate or 1% White Milk

### Monday

Chicken Quesadilla  
W/Marinara Sauce  
Seasoned Broccoli  
Peaches/Fruit  
Milk **3**

### Tuesday

Chicken Nuggets  
W/Breadstick  
Season Carrots  
Mixed Fruit  
Milk **4**

### Wednesday

Chicken Fajita Wrap  
Vegetable Fried Rice  
Fortune Cookie  
Sidekick Slushy  
Milk **5**

### Thursday

Cheese Pizza  
French Fries  
Strawberries/Fruit  
Milk **6**

### Friday

Hamburger on Bun  
Homemade Baked Beans  
Pears/Fruit  
Milk **7**

Soft Warm Pretzels W/Cheese **10**  
Carrot Sticks  
Yogurt Cup  
Peaches  
Milk

Walking Beef Taco W/Cheese **11**  
Seasoned Corn  
Sidekick Slushy  
Milk

Mini Corn Dogs **12**  
Homemade Baked Beans  
Applesauce/Fruit  
Milk

Stuffed Crust Pizza **13**  
Tossed Romaine Salad  
Strawberries W/Topping  
Milk

Chicken Patty on Bun **14**  
Potato Rounds  
Pears/Fruit  
Milk

Meatball Sub W/Cheese **17**  
Seasoned Broccoli  
Peaches/Fruit  
Milk

Brunch for Lunch **18**  
French Toast Sticks  
Sausage Patty  
Hash Brown Potato  
Juice Cup  
Milk

Chicken Tenders W/Dinner **19**  
Seasoned Corn  
Applesauce/Fruit  
Milk

Bosco Sticks W/Marinara **20**  
Homemade Baked Beans  
Sidekick Slushy  
Milk

Cheese Pizza **21**  
Seasoned Carrots  
Pears/Fruit  
Milk

Chicken Nuggets W/Breads **24**  
Mashed Potatoes  
Peaches/Fruit  
Milk

Chili Cheese Coney on Bun **25**  
Seasoned Corn  
Applesauce/Fruit  
Cookie, Milk

Cheeseburger on Bun **26**  
French Fries  
Sidekick slushy  
Milk

Enjoy your Summer Break **27**

Enjoy your Summer Break **28**

Memorial Day **31**

Remember to fill out a Free and Reduced Application for each year. Go to [Bethel-tate.org](http://Bethel-tate.org), go to find it fast and then lunch menus.

Questions or concerns- please call or email Darlene Parks at 513-734-2271 ext 7190 or [Darlene.parks@betheltate.org](mailto:Darlene.parks@betheltate.org)

