

OCTOBER 2021 Bethel-Tate Middle School-Go Tigers

LUNCH



Breakfast and Lunch is Free to all students through the end of the school year.

This institution is an equal opportunity provider.



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month? Milk choice: 1% White or Chocolate Milk



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



You can pay for your children on line for any extras or snacks. Go to www.betheltate.org, find it fast, lunch menu.

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

Menu Subject to change.

Entre choices:
Peanut Butter & Jelly Lunch Pack

Bacon Cheeseburger on Bun **1**
Steamed Broccoli
Pears
Milk

Mini Corn Dogs **4**
Seasoned Carrots
Peaches
Milk

Walking Beef Taco W/Seasoned Corn/Black Beans **5**
Mixed Fruit
Milk

Crispy Chicken Wrap **6**
Vegetable Fried Rice
Green Beans
Applesauce
Milk

Cheese Pizza **7**
French Fries
Strawberries
Milk

Enjoy your day off!
No School **8**

Bosco Sticks/W Marinara Sauce **11**
Seasoned Broccoli
Peach
Milk

Turkey, Ham & Cheese Wrap **12**
Seasoned Corn
Mixed Fruit
Milk

Chicken Patty on Bun **13**
Homemade Baked Beans
Applesauce
Milk

Chicken Quesadilla W/Seasoned Carrots **14**
Blueberries
Milk

Hamburger on Bun **15**
Tater Tots
Pears
Milk

Brunch for Lunch **18**
French Toast Sticks,
Sausage Patty
Hash Browns
Juice Cup, Milk

Chicken Nuggets W Roll **19**
Seasoned Carrots
Applesauce
Milk

Spaghetti W Meat Sauce **20**
& Cheese
Texas Toast
Seasoned Corn
Mixed Fruit, Milk

Grilled Chicken on Bun **21**
Broccoli & Cheese
Strawberries
Milk

Stuffed Crust Pizza **22**
Homemade Baked Beans
Pears
Milk

Soft Warm Pretzel **25**
W/Cheese
Yogurt Cup
Carrots
Peaches, Milk

Meatball Sub **26**
Macaroni & Cheese
Mixed Fruit
Milk

Chili W Beans, Crackers **27**
Grilled Cheese
Applesauce
Milk

Cheese Pizza **28**
Tossed Romaine Salad
Strawberries
Milk

Hamburger on Bun **29**
Homemade Baked Beans
Side Kick Slushy
Milk