

SEPTEMBER 2021 Bethel-Tate William Bick 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



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains. Milk choice 1% white or chocolate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Menu Subject to change

Labor Day

6

Enjoy your day off!

Stuffed Crust Cheese Pizza
Green Beans
Mixed Fruit/Fruit
Milk

7

Chicken Nuggets
Dinner Roll
Seasoned Carrots
Applesauce, Milk

8

Bosco Sticks
W/Marinara Sauce
Homemade Baked Beans
Strawberries, Milk

9

Chicken Patty on Bun
Potato Rounds
Pears/Fruit
Milk

10

Chili Cheese Coney
Goldfish Crackers
Seasoned Green Beans
Peaches, Milk

13

Walking Beef Taco W/Salsa
Seasoned Corn
Mixed Fruit/Fruit
Milk

14

Hamburger on bun
Seasoned Carrots
Applesauce
Milk

15

Rotini W/Meat Sauce
Steamed Broccoli
Garlic Toast
Sidekick Slushy, Milk

16

Cheese Burger on Bun
Mashed Potatoes
Pears/Fruit
Milk

17

Soft Warm Pretzel W/Cheese Sauce
Yogurt Cup
Carrot Sticks
Peaches, Milk

20

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

21

Grilled Cheese Sandwich
Homemade Baked Beans
Mixed Fruit
Milk

22

Chicken Strips
Wrap W/Cheese
Seasoned Corn
Strawberries
Milk

23

Chicken Patty on Bun
Steamed Broccoli
Pear
Milk

24

Chicken Nuggets W/Breadstick
Seasoned Green Beans
Peaches, Milk

27

Nacho Cheese Haystack
Beef, Cheese Sauce & Chips
Refried Beans
Mixed Fruit/Fruit
Milk

28

Pulled Pork BBQ on Bun
Potato Rounds
Applesauce
Milk

29

Cheese Pizza
Seasoned Corn
Strawberries
Milk

30