

SEPTEMBER 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



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



Labor Day 6
Enjoy your day off!

Stuffed Crust Cheese Pizza 7
Green Beans
Mixed Fruit/Fruit
Milk

Chicken Nuggets Dinner Roll 8
Seasoned Carrots
Applesauce, Milk

Bosco Sticks W/Marinara Sauce 9
Homemade Baked Beans
Strawberries, Milk

Chicken Patty on Bun 10
Potato Rounds
Pears/Fruit
Milk

Chili Cheese Coney 13
Goldfish Crackers
Seasoned Green Beans
Peaches, Milk

Walking Beef Taco W/Salsa 14
Seasoned Corn
Mixed Fruit/Fruit
Milk

Hamburger on bun 15
Seasoned Carrots
Applesauce
Milk

Rotini W/Meat Sauce 16
Steamed Broccoli
Garlic Toast
Sidekick Slushy, Milk

Cheese Burger on Bun 17
Mashed Potatoes
Pears/Fruit
Milk

Soft Warm Pretzel W/Cheese Sauce 20
Yogurt Cup
Carrot Sticks
Peaches, Milk

Brunch for Lunch 21
French Toast Sticks
Sausage Patty
Hash Brown Potato
Juice Cup, Milk

Grilled Cheese Sandwich 22
Homemade Baked Beans
Mixed Fruit
Milk

Chicken Strips Wrap W/Cheese 23
Seasoned Corn
Strawberries
Milk

Chicken Patty on Bun 24
Steamed Broccoli
Pear
Milk

Chicken Nuggets W/Breadstick 27
Seasoned Green Beans
Peaches, Milk

Nacho Cheese Haystack 28
Beef, Cheese Sauce & Chips
Refried Beans
Mixed Fruit/Fruit
Milk

Pulled Pork BBQ on Bun 29
Potato Rounds
Applesauce
Milk

Cheese Pizza 30
Seasoned Corn
Strawberries
Milk

