

# JANUARY 2022 Bethel-Tate Schools All – Go Tigers

## BREAKFAST



**Breakfast and Lunch is Free to all students through the end of the school year.**  
This institution is an equal opportunity provider



**Nutrition Tip:** Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way. Milk Choice White 1% and Chocolate 1%  
Reference: USDA MyPlate

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Pop Tart  
Graham Cracker  
Pears  
Milk **3**

Donuts/Muffins  
Graham Cracker  
Peaches  
Milk **4**

Mini Pancakes/Waffles  
Blueberries/Fruit  
Milk **5**

Mini Cinni Roll  
Mixed Fruit  
Milk **6**

Cereal Bar  
Applesauce  
Milk **7**

Pop Tart  
Graham Cracker  
Pears  
Milk **10**

Donuts/Muffins  
Graham Cracker  
Peaches  
Milk **11**

Mini Pancakes/Waffles  
Fruit  
Milk **12**

Mini Cinni Roll  
Mixed Fruit  
Milk **13**

Cereal Bar  
Applesauce  
Milk **14**

No School  
Enjoy your day off. **17**

Donuts/Muffins  
Graham Cracker  
Peaches  
Milk **18**

Mini Pancakes/Waffles  
Blueberries/Fruit  
Milk **19**

Mini Cinni Roll  
Mixed Fruit  
Milk **20**

Cereal Bar  
Applesauce  
Milk **21**

Pop Tart  
Graham Cracker  
Pears  
Milk **24**

Donuts/Muffins  
Graham Cracker  
Peaches  
Milk **25**

Mini Pancakes/Waffles  
Fruit/Apple  
Milk **26**

Mini Cinni Roll  
Mixed Fruit  
Milk **27**

Cereal Bar  
Applesauce  
Milk **28**

Pop Tart  
Graham Cracker  
Pears  
Milk **31**

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

Menu subject to change because  
of food availability.

**You can pay for your children for any extras or snacks.** Go to [Betheltate.org](http://Betheltate.org), click and it fast, click on lunch menus. Stroll down to links to [payschoolscentral](http://payschoolscentral).

**Start your day with a healthy breakfast.** All Students get free breakfast.

