

# JANUARY 2022 Bethel-Tate William Bick School-Go Tigers



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



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand. Milk Choice 1% White Milk or 1% Chocolate Milk

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Pizza, Cheese **3**  
French Fries  
Peaches  
Milk

Walking Beef Taco **4**  
W/Salsa  
Corn/Black Bean Medley  
Mixed Fruit  
Milk

Chicken Patty on **5**  
Bun  
Seasoned Green Beans  
Tossed Romaine Salad  
Applesauce, Milk

Chicken Nuggets **6**  
W Roll  
Seasoned Carrots  
Blueberries  
Milk

Hamburger on Bun **7**  
Homemade Baked Bean  
Pears  
Milk

Brunch for Lunch **10**  
French Toast Sticks  
Sausage Patty  
Hash brown Potato  
Juice Cup, Milk

Chili Cheese Coney **11**  
on Bun  
Seasoned Corn  
Mixed Fruit  
Milk

Grilled Cheese Sandw **12**  
Tomato Soup W/Crackers  
Carrot Sticks  
Applesauce  
Milk

Chicken Tender Wrap **13**  
Fortune Cookie  
Seasoned Broccoli  
Orange  
Milk

Cheeseburger on Bun **14**  
Homemade Baked Beans  
Pears  
Milk

No School Enjoy your **17**  
day off

Cheese Pizza **18**  
French Fries  
Mixed Fruit  
Milk

Chicken Nuggets **19**  
Mashed Potato W/Gravy  
Dinner Roll W/ Butter  
Seasoned Peas  
Applesauce, Milk

Mini Corn Dogs **20**  
Broccoli and Cheese  
Sauce  
Blueberries  
Milk

Chicken Patty on Bun **21**  
Seasoned Carrots  
Pears  
Milk

Soft Warm Pretzel **24**  
W/Cheese Sauce  
Yogurt Cup  
Carrot Sticks  
Peaches, Milk

Bosco Sticks W/Marin **25**  
Sauce  
Seasoned Green Beans  
Mixed Fruit  
Milk

Hot Dog W/Cheese **26**  
on bun  
Homemade Baked Beans  
Applesauce  
Milk

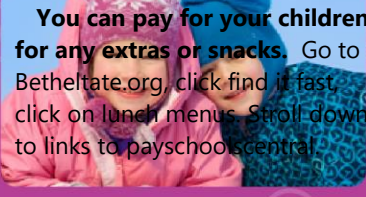
Hamburger on Bun **27**  
Macaroni and Cheese  
Blueberries  
Milk

Chicken Tenders **28**  
Warm Breadstick  
Tossed Romaine Salad  
Pears  
Milk

Cup of Chili W/Cracke **31**  
French Fries W/Cheese  
Sauce  
Dinner Roll  
Mixed Fruit, Milk

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

Menu subject to change because of food availability.  
**Entrée Choice:**  
**Peanut Butter and Jelly/Cheese Pack**



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

**Start your day with Breakfast.** Breakfast and Lunch is Free.  
