

JANUARY 2022 Bethel-Tate Hill Intermediate 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



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 Sandwi**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.
Entree choices:
Peanut Butter & Jelly Lunch Pack.

You can pay for your children for any extras or snacks. Go to Betheltate.org, click find it fast, click on lunch menus. Stroll down to links to payschoolscentral.

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

