



**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  
French Fries  
Peaches  
Milk **3**

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

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

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

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 Fajita Wrap **13**  
Vegetable Fried Rice  
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  
BlueberriesW/Topping  
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

Taco Meat & Cheese E**26**  
Wrap  
Black Bean/Corn Medley  
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 chain issues  
**Entree choices:**  
**Peanut Butter & Jelly Lunch  
Pack. Sub Sandwich.**

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

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

