



Bethany Community School Lunch Menu January 2012

Student Full Meal Price \$2.25, Reduced Meal Price \$0.40, Adult Meal Price \$3.00

All Meals Come with Fruit & Vegetable Side Dishes and Choice of Milk; 1% Plain White, Skim & Fat Free Chocolate

All Grains Offered Are Whole Grains

Monday	Tuesday	Wednesday	Thursday	Friday
Happy New Year !!!!!	3 <i>Chicken Fries</i> <i>Oven Baked Fries</i> <i>Macaroni Salad</i>	4 <i>Pasta w/ Meatballs</i> <i>Steamed Broccoli</i> <i>Dinner Roll</i>	5 Twin Beef Tacos Spanish Rice Refried Beans	6 <i>French Bread Pizza</i> <i>Seasoned Vegetable</i> <i>Tossed Garden Salad</i>
Weekly Alternate: Ham or Turkey Wrap/Tuna or Chicken Salad Wrap/Peanut Butter & Jelly on Whole Wheat/ Assorted Salads				
9 Cheeseburger on Roll Oven Baked Fries Pasta Salad	10 Chicken Fajita Wrap Spanish Rice Refried Beans	11 <i>Spaghetti W/ Meat sauce</i> <i>Seasoned Green Beans</i> <i>Seasoned Vegetable</i>	12 <i>Sweet & Sour Chicken</i> <i>Steamed Rice</i> <i>Oriental Vegetables</i>	13 <i>Fresh Baked Cheese or Pepperoni Pizza</i> <i>Seasoned Vegetable</i> <i>Tossed Garden Salad</i>
Weekly Alternate: Ham or Turkey Wrap/Tuna or Chicken Salad Wrap/Peanut Butter & Jelly on Whole Wheat/ Assorted Salads				
16 <i>No School</i>	17 Crispy Oven Chicken Mashed Potatoes Seasoned Corn	18 <i>Creamy Macaroni & Cheese</i> <i>Seasoned Broccoli</i> <i>Garlic Bread</i>	19 Chicken Pattie on Roll Lettuce & Tomato Oven Fries Tomato Salad	20 <i>Pizza Dippers</i> <i>Seasoned Vegetable</i> <i>Tossed Garden Salad</i>
Weekly Alternate: Ham or Turkey Wrap/Tuna or Chicken Salad Wrap/Peanut Butter & Jelly on Whole Wheat/ Assorted Salads				
23 Meatball Grinder Buttered Noodles Seasoned Green Beans	24 Grilled Cheese Sandwich w/ Tomato Soup Seasoned Rice Buttered Corn	25 <i>Chicken Parm over Pasta</i> <i>Seasoned Vegetable</i> <i>Dinner Roll</i>	26 <i>BBQ Rib On Roll</i> <i>Oven Sweet Potato Fries</i> <i>Baked Beans</i>	27 <i>Fresh Baked Cheese or Pepperoni Pizza</i> <i>Seasoned Vegetable</i> <i>Tossed Garden Salad</i>
Weekly Alternate: Ham or Turkey Wrap/Tuna or Chicken Salad Wrap/Peanut Butter & Jelly on Whole Wheat/ Assorted Salads				
30 <i>French Toast Sticks</i> <i>Sausage Link</i> <i>Tator Tots</i>	31 <i>Chicken & Cheese Quesadilla</i> <i>Rice & Beans</i> <i>Corn Salsa</i>			
Weekly Alternate: Ham or Turkey Wrap/Tuna or Chicken Salad Wrap/Peanut Butter & Jelly on Whole Wheat/ Assorted Salads				

Did you know... Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school. Our new Guidelines:

- Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans;
- Provide more whole grain foods, such as brown rice and whole wheat;
- Encourage lean proteins including vegetarian and plant based;
- Reduce unhealthy fats, sodium, and sugar;
- Include a la carte snacks and beverages that meet our strict Balanced Choices nutritional parameters; and
- Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce.

Any Questions, Please Call;
Director of Dining Services
Joan Conant
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