







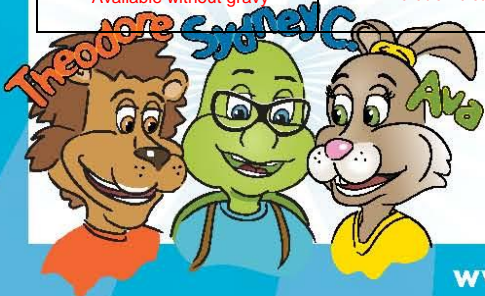


Bethany Community School August/September 2010

 Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, super-nutrition meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal!

 Part of making healthy diet choices means making $\frac{1}{2}$ of your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements! Look for this symbol in the cafeteria to help you identify whole grain foods.

<p>Meals are offered with choice of entrée, unlimited servings of fruits and vegetables, and choice of skim milk, low fat or .5% flavored milk.</p> <p>All offerings are Trans Fat Free</p>	<p>31</p> <p> Creamy Barilla Plus Mac-n-Cheese</p> <p> Steamed Broccoli</p> <p> Whole Wheat Dinner Roll</p> <p>Fresh Fruit & Veggie Selection</p>	<p>1</p> <p> Chicken and Cheese Quesadilla Spanish Rice</p> <p> Seasoned Corn Served with Salsa and Sour Cream</p> <p>Fresh Fruit & Veggie Selection</p>	<p>2</p> <p> French Toast Sticks</p> <p>House-Made Blueberry Fruit Topping</p> <p>Turkey Sausage</p> <p>Oven Baked Tater Tots</p> <p>Fresh Fruit & Veggie Selection</p>	<p>3</p> <p>French Bread Cheese & Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit & Veggie Selection <i>*Plain Cheese Pizza is also Available</i></p>
<p>Weekly Alternate: (B) Turkey Sandwich  (C) Peanut Butter and Jelly Sandwich  (D) Salad Shaker with Crackers </p>				
<p>6</p> <p>NO SCHOOL Labor Day</p>	<p>7</p> <p> Nachos w/Spicy Meat, Cheese, Lettuce & Salsa</p> <p>Steamed Seasoned Brown Rice</p> <p>Fresh Fruit & Veggie Selection</p>	<p>8</p> <p> BAKED POTATO BAR <i>Toppings offered include: diced lean ham, vegetable chili, homemade cheese sauce, chopped broccoli, shredded carrot, Smart Balance Buttery Spread</i></p> <p> Whole Wheat Rolls</p> <p>Fresh Fruit & Veggie Selection</p>	<p>9</p> <p>No School Rosh Hashanah</p>	<p>10</p> <p> Fresh Baked Whole Grain Cheese & Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit & Veggie Selection <i>*Plain Cheese Pizza is also Available</i></p>
<p>Weekly Alternate: (D) Salad Shaker with Crackers  (E) Ham & Cheese Sandwich  (C) Peanut Butter & Jelly Sandwich </p>				
<p>13</p> <p>Baked Whole Grain Breaded Chicken Patty Sandwich on Wheat Bun w/ Lettuce and Tomato Or</p> <p>Garden Veggie Burger</p> <p>Baked Sweet Potato Fries</p> <p>Steamed Carrots</p>	<p>14</p> <p>Baked 3 Cheese Lasagna</p> <p>Seasoned Green beans</p> <p>Garlic Bread Stick</p> <p>Tossed Romaine Caesar Salad</p> <p>Fresh Fruit & Veggie Selection</p>	<p>15</p> <p>September Food & Cultures China Celebration</p> <p>Sweet n Sour Chinese Chicken w/ Pineapple w/ Brown Veggie Rice Fortune Cookie</p> <p>Steamed Oriental Blend Veggies</p> <p> Fruit/Veggie Bar Offerings <i>Locally Grown Fresh Crisp Apples</i></p>	<p>16</p> <p>Cheeseburger On bun Lettuce/tomato Or Garden Veggie Burger</p> <p>Baked French Fries</p> <p>Homemade Coleslaw</p> <p>Fresh Fruit & Veggie Selection <i>*Also available without cheese</i></p>	<p>17</p> <p>French Bread Cheese & Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit & Veggie Selection <i>*Plain Cheese Pizza is also Available</i></p>
<p>Weekly Alternate: (G) Tuna Sandwich  (F) Cheerio Bowl with Yogurt  (C) Peanut Butter & Jelly Sandwich  (D) Salad Shaker with Crackers </p>				
<p>20</p> <p> Baked Corn Dog on stick</p> <p>Roasted Carrot Fries</p> <p>Baked beans</p> <p>Fresh Fruit & Veggie Selection</p>	<p>21</p> <p>Twin Taco Bar Seasoned Taco Meat Or Vegetarian Refried beans Shredded Lettuce, Cheddar Cheese and Salsa</p> <p>Steamed Vegetables</p> <p>Fresh Fruit & Veggie Selection</p>	<p>22</p> <p>Sloppy Joe On Wheat Bun</p> <p>Baked Potato Wedges</p> <p>Tri Color Pasta Salad</p> <p>Fresh Fruit & Veggie Selection</p>	<p>23</p> <p>Barilla Plus Spaghetti w/ Meatballs and tomato sauce</p> <p>Garlic bread Stick</p> <p>Steamed Vegetable</p> <p>Fresh Fruit & Veggie Selection <i>*also plain pasta available</i></p>	<p>24</p> <p> Fresh Baked Whole Grain Cheese & Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit & Veggie Selection <i>*Plain Cheese Pizza is also Available</i></p>
<p>Weekly Alternate: (E) Ham & Cheese Sandwich  (D) Salad Shaker with Crackers  (C) Peanut Butter & Jelly Sandwich </p>				
<p>27</p> <p> Baked Oven Fried Chicken w/ homemade gravy & mashed potatoes, seasoned vegetables Cranberry Sauce</p> <p> fresh whole wheat dinner roll</p> <p>Fresh Fruit & Veggie Selection <i>*Available without gravy</i></p>	<p>28</p> <p>Ham & Cheese Dunkers Baked Cheese Filled Breadstick Wrapped with Baked Ham W/ Marinara Dipping Sauce</p> <p>Steamed Vegetables</p> <p>Chilled Melon and Pineapple Cubes <i>*Available without ham</i></p>	<p>29</p> <p> Carved Roast Turkey w/ homemade gravy Mashed Potatoes Seasoned Steamed Corn Whole Wheat Dinner Roll</p> <p>Fresh Fruit & Veggie Selection</p>	<p>30</p> <p> Crispy Seasoned Chicken Nuggets</p> <p>Baked Tater Tots</p> <p>Fresh Baby Carrots</p> <p>Fresh Fruit & Veggie Selection</p>	<p><i>Fresh Made Garden Salads w/cheese are available daily. Garden salads with plain chicken or Spicy Buffalo Chicken are also available daily. Fresh made Wraps are also available</i></p>



School Foodservice Information

Price: \$2.00
\$0.40 reduced*
free* (*if qualified)

