BETHESDA COUNTRY DAY SCHOOL JULY 2024

WEEK 1						
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Dates:	7/1/2024	7/2/2024	7/3/2024	7/4/2024	7/5/2024	
AM SNACK:			,,,,,		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
Milk	Milk 1%	Milk 1%	Milk 1%	CLOSED	Milk 1%	
Fruit/Vegetable		Frozen Berry Mix	Banana		Mango	
Grain	WG Toasted Oats Cereal	WG Pancake	Rice Crisp Cereal		Vanilla Yogurt	
Extra/Protein	WG TOasted Oats Celear	WGTancake	Kice chisp cerear		vannia rogore	
UNCH:						
Milk	Milk 1%	Milk 1%	Milk 1%	HAPPY 4th	Milk 1%	
Fruit	Fruit Cocktail	Diced Pears	Diced Peaches		Fruit Cocktail	
Vegetable	Beans	Lettuce	Sweet Peas		Mixed veggies	
Grain	Brown Rice	WG tortillas	WG Elbow Macaroni		WG Pasta	
Meat/Meat Alt		Turkey Taco Entrée	Cheese Sauce		Beef Crumble	
Extra					Marinara Sauce	
PM SNACK:						
Milk/Water				OF JULY!		
Fruit				OF JULT!	Soft Pretzel Rod	
					Soft Pretzel Rod	
Vegetable			C 110 1			
Grain	WG Straw Waffle Graham	WG Flatbread Squares	Goldfish			
Meat/Meat Alternate		Amer Cheese Slice				
Extra						
		WE	EK 2			
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Dates:	7/8/2024	7/9/2024	7/10/2024	7/11/2024	7/12/2024	
AM SNACK:						
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%	
Fruit/Vegetable		Mango		Blueberries	CHEF"S	
Grain	WG Spooner Cereal	Vanilla Yogurt	Wg Oatmeal Bar	WG Cereal		
Extra/Protein		Valinia i ogore	ing calinear bai			
LUNCH:			ľ			
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%	
Fruit	Diced Pears	Fruit cocktail	Mandarin Oranges	Diced Peaches		
Vegetable	String Beans	Lettuce	Mixed Veggies	Mashed Potatoes	CHOICE	
Grain	WG Tortilla					
Meat/Meat Alt	Turkey Slices	Diced Turkey Ham	Chicken Nuggets	Meatloaf		
Extra	Cheese	Cheese/Ranch Dressing	Ketchup			
PM SNACK:						
Milk/Water						
Fruit	Applesauce			Clementine		
Vegetable						
Grain	Animal Crackers	Townhouse Crackers	Granola	WG Champ Bites	DAY!	
Meat/Meat Alternate		Sting Cheese	Vanilla Yogurt			
1						
Extra						



BETHESDA COUNTRY DAY SCHOOL JULY 2024

WEEK 3							
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Dates:	7/15/2024	7/16/2024	7/17/2024	7/18/2024	7/19/2024		
AM SNACK:							
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%		
Fruit/Vegetable							
Grain	WG Cereal	WG Waffle	WG Muffin	WG Cereal	WG Pancake		
Extra/Protein							
LUNCH:							
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%		
Fruit	Diced Peaches	Fruit Cocktail	Diced Pears	Mandarin Oranges	Applesauce		
Vegetable	Hashbrown Potato Patty	Sweet Peas	Diced Carrots	Stringbeans	Diced Carrots		
Grain	1	WG Hamburger Roll	Chicken Drummies				
Meat/Meat Alt	Scrambled Egg Round	Beef Crumbles	Signature Sauce	Pizza Crunchers	WG Fish Shapes		
Extra	× ×		Č.		•		
PM SNACK:							
Milk/Water				+			
Fruit				1			
Vegetable		Cucumber Slices		1	Fresh Veggie of Choice		
Grain	School Made Trail Mix		Animal Crackers	Vanilla Wafers			
Meat/Meat Alternate							
Extra		Ranch			Ranch		
		WE	ЕК 4				
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Dates:	7/22/2024	7/23/2024	7/24/2024	7/25/2024	7/26/2024		
AM SNACK:	//22/2024	//23/2024	//24/2024	//25/2024	//20/2024		
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%		
Fruit/Vegetable							
Grain	WG French Toast Sticks	WG Rice Crisp Cereal	English Muffin	WG Cereal	WG Apple Cinnamon Loaf		
Extra/Protein			Sunbutter				
UNCH:							
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%		
Fruit	Fruit Cocktail	Applesauce	Diced Peaches	Pineapple	Diced Pears		
Vegetable	Broccoli	Corn	Tater Tots	Veggies	Stringbeans		
Grain		WG Eggroll	WG Hamburger Roll	Rice	WG Pizza		
Meat/Meat Alt	Grilled Cheese	Chicken	CheeseBurger	Diced Chicken			
Extra				Teriyaki or Sweet N sour sauce			
PM SNACK:				·			
Milk/Water	Water	Water	Water	Water	Water		
Fruit				Apple Slices			
Vegetable	M/C Strow Maffle Crobers	WG Elathroad Savaras	Chaozit Crackers	+	CHEF		
Grain Meat/Meat Alternate	WG Straw Waffle Graham	WG Flatbread Squares Cheese	Cheezit Crackers	Sunbutter	Choice		
Extra		Cileese		SUIDULLEI	Day!		
LAUG					-ay:		
		I					



Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
The fruit component at lunch may be substituted by an additional vegetable.

Page 2 of 3

BETHESDA COUNTRY DAY SCHOOL JULY 2024

WEEK 5							
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY				
Dates:	7/29/2024	7/30/2024	7/31/2024				
AM SNACK:							
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%		
Fruit/Vegetable		Banana					
Grain	WG French Toast Sticks	WG Rice Crisp Cereal	WG Waffle	WG Cereal Oatmeal Bar	WG Apple Cinnamon Loaf		
Extra/Protein							
LUNCH:							
		Chic/Veggie Eggrolls	Cheeseburger				
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%		
Fruit	Fruit Cocktail	Applesauce	Diced Peaches	Pineapple Tidbits	Diced Pears		
Vegetable	Broccoli	Corn	Tater Tots	Diced Carrots	Salad		
Grain		WG Eggroll	WG Hamburger Roll		WG Pizza		
Meat/Meat Alt	Grilled Cheese	Chicken	Cheeseburger	Wg Chicken Drummies			
Extra							
PM SNACK:							
Milk/Water	Water	Water	Water	Water	Water		
Fruit					Apple Slices		
Vegetable							
Grain	WG Straw Waffle Graham	WG Wheat Crackers	Cheezit Crackers	Savory Wheat Bites			
Meat/Meat Alternate		Amer Cheese Slice		String Cheese	Sunbutter		

