

# 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
<b>AM SNACK:</b>					
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					
<b>LUNCH:</b>					
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
<b>PM SNACK:</b>					
Milk/Water				OF JULY!	
Fruit					Soft Pretzel Rod
Vegetable					
Grain	WG Straw Waffle Graham	WG Flatbread Squares	Goldfish		
Meat/Meat Alternate		Amer Cheese Slice			
Extra					
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	7/8/2024	7/9/2024	7/10/2024	7/11/2024	7/12/2024
<b>AM SNACK:</b>					
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					
<b>LUNCH:</b>					
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		
<b>PM SNACK:</b>					
Milk/Water					
Fruit	Applesauce			Clementine	
Vegetable					
Grain	Animal Crackers	Townhouse Crackers	Granola	WG Champ Bites	DAY!
Meat/Meat Alternate		Sting Cheese	Vanilla Yogurt		
Extra					

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.  
 2. The fruit component at lunch may be substituted by an additional vegetable.  
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# BETHESDA COUNTRY DAY SCHOOL JULY 2024

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

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