BETHESDA COUNTRY DAY SCHOOL - MENU AUGUST 2024

		WE	EK 1		
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	7/29/2024	7/30/2024	7/31/2024	8/1/2024	8/2/2024
AM SNACK:					
	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or
Milk	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)
Fruit/Vegetable		1/2 Banana			
Grain	WG French Toast Sticks	WG Rice Crisp Cereal	English Muffin	WG Cereal Oatmeal Bar	WG Apple Cinnamon Loaf
Extra/Protein			Sunbutter		
LUNCH:					
	Grilled Cheese	Chic/Veggie Eggrolls	Cheeseburger	Chicken Patty	Pizza
	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or
Milk	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)
Fruit	Fruit Cocktail	Applesauce	Diced Peaches	Pineapple Tidbits	Diced Pears
Vegetable	Broccoli	Corn	Tater Tots	Diced Carrots	Stringbeans
Grain		WG Eggroll	WG Hamburger Roll		WG Pizza
Meat/Meat Alt	Grilled Cheese	Chicken	Cheeseburger	WG Breaded Chicken Patty	
Extra					
PM SNACK:					
	Strawberry & Cream	"Lunchable" Stackable			Apple Dips
Milk/Water					
Fruit			Fruit of Choice		Apple Slices
Vegetable					
Grain	WG Straw Waffle Graham	WG Flatbread Squares	Cheezit Crackers	Savory Wheat Bites	6 1
Meat/Meat Alternate	Vanilla Yog <mark>urt</mark>	Amer Cheese Slice		String Cheese	Sunbutter
Extra)A/F	TELV 2		
		VVE	EK 2		
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	8/5/2024	8/6/2024	8/7/2024	8/8/2024	8/9/2024
AM SNACK:					
	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or
Milk	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)
Fruit/Vegetable	(191	Frozen Berry Mix	1/2 Banana	Jelly	Mango
Grain	WG Toasted Oats Cereal	WG Pancake	WG Rice Crisp Cereal	English Muffin	Vanilla Yo <mark>gurt</mark>
Extra/Protein				_	
LUNCH:					
	SB & J	Tostada Tuesday	Cheesy Mac	Stir Fry	Pasta W/Meat Sauce
	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or
Milk	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)
Fruit	Diced Pears	Diced Pears	Diced Peaches	Pineapple Tidbits	Fruit Cocktail
Vegetable	Tater Tots	Corn	Sweet Peas	Broccoli	Mixed veggies
Grain	WG Bread	WG Tostada	WG Elbow Macaroni	Rice	WG Pasta
Meat/Meat Alt	Sunbutter	Turkey Taco Entrée		Diced Chicken	Beef Crumble
Extra	Jelly	Shredded Cheese	Cheese Sauce	Teriyaki or Sweet N Sour sauce	Marinara Sauce
PM SNACK:					
ŀ	"Chocolate" Covered Strawberries	Cuke Sandwich		Banana Sushi Roll	
Milk/Water					
Fruit	Strawberry Slices			1/2 Banana	Applesauce
Vegetable		Cucumber Slices			
Grain		WG Flatbread	Shortbread Bites	WG Tortilla	Soft Pretzel Rod
Meat/Meat Alternate	Chocolate Sunbutter Spread			Sunbutter	
Wicachineae Aiternate					

WEEK 3						
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Dates:	8/12/2024	8/13/2024	8/14/2024	8/15/2024	8/16/2024	
AM SNACK:						



^{2.} The fruit component at lunch may be substituted by an additional vegetable.





BETHESDA COUNTRY DAY SCHOOL - MENU AUGUST 2024

Milk	ilk (age 2+)
Fruit Vegetable Mango Grain Vanilla Vogurt Wis Spooner Cereal Wis Guerneal Gereal Bar Oatmeel CHEP	S
Cheff	
Milk	E
MINK Low/Fat Free Milk (age 2+) Low/Fat Free Milk (age 2+) Fruit Diced Pears Free Milk (age 2+) Vegetable String Beans Vegetable String Beans MearyMear Alt Turkey Sitces/Amer Cheese Branch Raunch Raunch Raunch Raunch Raunch Pears Raunch Pears Raunch Raun	E
Vegetable String Beans Lettuse Mix Mixed Veggies Mashed Potatoes	
Grain WG Tortills Well Annual Content	
Meat/Meat Alt Turkey Silces/Amer Cheese Ranch	
Extra Ranch Ranch Ranch or Italian Dressing Ketchup or BBO sauce PM SNACK: Banana "Spit" DAY!	
PM SNACK: Milk/Water	
Banana *Spite* Banana *Spite* Banana *Spite* Banana *Spite* Banana *Spite* Banana *Continuals* Clementine DAY!	
Milk Water Fruit Applesauce 1/2 Banana (cut in half) Clementine Vegetable Grain Animal Crackers Granola Townhouse Crackers WG Champ Bites WEEK 4 MEAL PATTERN MONDAY TUESDAY WEDNESDAY THURSDAY FRIDA Dates: 8/29/2024 8/2024 8/22/2024 8/22/2024 8/22/2024 8/22/2024 AM SNACK: Milk Whole Milk (age 1) or Low/Fat Free Milk (age 2) or Low/Fat Free Milk (age 2) tow/Fat Free Milk (age 2) or Low/Fat Free Milk (age 2) tow/Fat Free Milk (a	
Fruit Vegetable Grain Animal Crackers Granola Animal Crackers Granola Townhouse Crackers WG Champ Bites WG Laural Champers WG Laural Champers WG Laural Champers WG Laural Champers WG Name WG Laural Champers WG Cereal WG Muffin WG Waffile WG Cereal WG W	
Vegetable Grain	1
Meat/Meat Alternate Vanilla Yogurt String Cheese	
Meat/Meat Alternate Extra	
MEAL PATTERN MONDAY TUESDAY WEDNESDAY THURSDAY FRIDA	
MEAL PATTERN MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY Dates: 8/19/2024, 8/20/2024, 8/21/2024, 8/22/2024, 8/23	
MEAL PATTERN MONDAY TUESDAY WEDNESDAY THURSDAY FRIDA Dates: 8/19/2024 8/20/2024 8/21/2024 8/23/2024 8/23/20 AM SNACK: Milk Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	
Dates: 8/19/2024, 8/20/2024, 8/20/2024, 8/23/2024, 8/23/2024, 8/23/2024, 8/23/2024, 8/23/2024 AM SNACK: Milk	
AM SNACK: Milk	Υ
Milk Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Whole Milk (age 2+) Whole Milk (age 2+) Whole Milk (age 2+) Whole Milk (age 2+)	24
Low/Fat Free Milk (age 2+) Miked Be Grain WG Cereal WG Muffin WG Waffle WG Cereal WG Panc Extra/Protein WG Waffle WG Cereal WG Panc Extra/Protein WILD WILD WILD WILD WILD WILD WILD WILD	
Low/Fat Free Milk (age 2+) Miked Be Grain WG Cereal WG Muffin WG Waffle WG Cereal WG Panc Extra/Protein WG Waffle WG Cereal WG Panc Extra/Protein WILD WILD WILD WILD WILD WILD WILD WILD	ige 1) or
Grain WG Cereal WG Muffin WG Waffle WG Cereal WG Pance	lk (age 2+)
Extra/Protein LUNCH: Breakfast for Lunch Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Low/Fat Free Milk (age 1) or Low/Fat Free	_
Breakfast for Lunch Manwich Sloppy Joe Drummies Crunchers Fish Fry- Milk Whole Milk (age 1) or Low/Fat Free Milk (age 2) or Low/Fat	ake
Breakfast for Lunch Manwich Sloppy Joe Drummies Crunchers Fish Fry-Milk	
Milk Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	
Fruit Diced Peaches Fruit Cocktail Diced Pears Mandarin Oranges Applesat Vegetable Hashbrown Potato Patty Sweet Peas Diced Carrots Stringbeans Diced Carrots Grain WG Hamburger Roll Hashbrown Potato Patty Scrambled Egg Round Beef Crumbles Chicken Drummies Pizza Crunchers WG Fish SI Extra Manwich Sauce Signature Sauce PM SNACK: Cuke Sandwich School Made Trail Mix Zoo Dippers	
Fruit Diced Peaches Fruit Cocktail Diced Pears Mandarin Oranges Applesat Vegetable Hashbrown Potato Patty Sweet Peas Diced Carrots Stringbeans Diced Car Grain WG Hamburger Roll Meat/Meat Alt Scrambled Egg Round Beef Crumbles Chicken Drummies Pizza Crunchers WG Fish SI Extra Manwich Sauce Signature Sauce PM SNACK: Cuke Sandwich School Made Trail Mix Zoo Dippers Milk/Water Fruit Vegetable Cucumber Slices Grain WG Flatbread Squares School Made Trail Mix Animal Crackers Vanilla Wafers Meat/Meat Alternate Ranch Strawberry Yogurt Ranch Extra	_
Vegetable Hashbrown Potato Patty Sweet Peas Diced Carrots Stringbeans Diced Carrots Grain WG Hamburger Roll WG Hamburger Roll WG Fish Stringbeans WG Fish Stringbeans Meat/Meat Alt Scrambled Egg Round Beef Crumbles Chicken Drummies Pizza Crunchers WG Fish Stringbeans Extra Manwich Sauce Signature Sauce PM SNACK: Milk/Water Fruit Zoo Dippers Vegetable Cucumber Slices Fresh Veggie of Grain WG Flatbread Squares School Made Trail Mix Animal Crackers Vanilla Wafers Meat/Meat Alternate Ranch Strawberry Yogurt Ranch Extra WEEK 5	
Grain WG Hamburger Roll Meat/Meat Alt Scrambled Egg Round Beef Crumbles Chicken Drummies Pizza Crunchers WG Fish St Extra Manwich Sauce Signature Sauce PM SNACK: Cuke Sandwich School Made Trail Mix Zoo Dippers Milk/Water Fruit Vegetable Cucumber Slices Fresh Veggie of Grain WG Flatbread Squares School Made Trail Mix Animal Crackers Vanilla Wafers Meat/Meat Alternate Ranch Strawberry Yogurt Ranch Extra WEEK 5	
Meat/Meat Alt Scrambled Egg Round Beef Crumbles Chicken Drummies Pizza Crunchers WG Fish St Extra Manwich Sauce Signature Sauce The proof of the	1013
Extra Manwich Sauce Signature Sauce PM SNACK: Cuke Sandwich School Made Trail Mix Zoo Dippers Milk/Water Fruit Vegetable Cucumber Slices Fresh Veggie of Grain WG Flatbread Squares School Made Trail Mix Animal Crackers Vanilla Wafers Meat/Meat Alternate Ranch Strawberry Yogurt Ranch Extra WEEK 5	napes
Cuke Sandwich School Made Trail Mix Zoo Dippers Milk/Water Fruit Vegetable Cucumber Slices Fresh Veggie of Grain WG Flatbread Squares School Made Trail Mix Animal Crackers Vanilla Wafers Meat/Meat Alternate Ranch Strawberry Yogurt Ranch Extra WEEK 5	
Milk/Water Fruit Vegetable Cucumber Slices Fresh Veggie of Grain WG Flatbread Squares School Made Trail Mix Animal Crackers Vanilla Wafers Meat/Meat Alternate Ranch Strawberry Yogurt Ranch Extra WEEK 5	
Milk/Water Fruit Vegetable Cucumber Slices Grain WG Flatbread Squares School Made Trail Mix Animal Crackers Vanilla Wafers Meat/Meat Alternate Extra WEEK 5	
Fruit Vegetable Cucumber Slices Grain WG Flatbread Squares School Made Trail Mix Animal Crackers Vanilla Wafers Meat/Meat Alternate Extra WEEK 5	
Vegetable Cucumber Slices Fresh Veggie of Grain Grain WG Flatbread Squares School Made Trail Mix Animal Crackers Vanilla Wafers Meat/Meat Alternate Ranch Strawberry Yogurt Ranch Extra WEEK 5	
Grain WG Flatbread Squares School Made Trail Mix Animal Crackers Vanilla Wafers Meat/Meat Alternate Ranch Strawberry Yogurt Ranch Extra WEEK 5	
Meat/Meat Alternate Ranch Strawberry Yogurt Ranch Extra WEEK 5	of Choice
Extra WEEK 5	of Choice
MEAL PATTERN MONDAY TUESDAY WEDNESDAY	
MEAL PATTERIN MONDAT TUESDAY WEDNESDAY	
Dates: 8/26/2024 8/27/2024 8/28/2024 8/29/2024 8/30/20	1
AM SNACK:	1
Milk Whole Milk (age 1) or Whole Milk (age 1	124
Low/Fat Free Milk (age 2+) Low/Fat Free Milk (ag	224 age 1) or
Fruit/Vegetable 1/2 Banana 1/2 Banana WG French Toast Sticks WG Rice Crisp Cereal English Muffin WG Cereal Oatmeal Bar WG Apple Cinna	224 age 1) or
Grain WG French Toast Sticks WG Rice Crisp Cereal English Muffin WG Cereal Oatmeal Bar WG Apple Cinna Extra/Protein Sunbutter	nage 1) or age 1) (age 2+)
Extra/Protein Sumbutter	224 age 1) or
	nage 1) or age 1) (age 2+)
Grilled Cheese Chic/Veggie Eggrolls Cheeseburger Chicken Patty Pizza	age 1) or ilk (age 2+) amon Loaf

^{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.





BETHESDA COUNTRY DAY SCHOOL - MENU AUGUST 2024

Milk	Whole Milk (age 1) or				
	Low/Fat Free Milk (age 2+)				
Fruit	Fruit Cocktail	Applesauce	Diced Peaches	Pineapple Tidbits	Diced Pears
Vegetable	Broccoli	Corn	Tater Tots	Diced Carrots	Stringbeans
Grain		WG Eggroll	WG Hamburger Roll		WG Pizza
Meat/Meat Alt	Cheese	Chicken	Cheeseburger	WG Breaded Chicken Patty	Cheese
Extra					
PM SNACK:					
	Strawberry & Cream	"Lunchable" Stackable			Apple Dips
Milk/Water					
Fruit			Fruit of Choice		Apple Slices
Vegetable					
Grain	WG Straw Waffle Graham	WG Flatbread Squares	Cheezit Crackers	Savory Wheat Bites	
Meat/Meat Alternate	Vanilla Yogurt	Amer Cheese Slice		String Cheese	Sunbutter

