

# BETHESDA COUNTRY DAY SCHOOL - MENU AUGUST 2024

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	7/29/2024	7/30/2024	7/31/2024	8/1/2024	8/2/2024
<b>AM SNACK:</b>					
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+)
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		
<b>LUNCH:</b>					
	Grilled Cheese	Chic/Veggie Eggrolls	Cheeseburger	Chicken Patty	Pizza
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+)
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					
<b>PM SNACK:</b>					
	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
Extra					
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	8/5/2024	8/6/2024	8/7/2024	8/8/2024	8/9/2024
<b>AM SNACK:</b>					
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+)
Fruit/Vegetable		Frozen Berry Mix	1/2 Banana	Jelly	Mango
Grain	WG Toasted Oats Cereal	WG Pancake	WG Rice Crisp Cereal	English Muffin	Vanilla Yogurt
Extra/Protein					
<b>LUNCH:</b>					
	SB & J	Tostada Tuesday	Cheesy Mac	Stir Fry	Pasta W/Meat Sauce
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+)
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
<b>PM SNACK:</b>					
	"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	
Extra		Ranch			
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
<b>AM SNACK:</b>					

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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<b>Milk</b>	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+)
<b>Fruit/Vegetable</b>	Mango			Frozen Blueberries	
<b>Grain</b>	Vanilla Yogurt	WG Spooner Cereal	WG Oatmeal Cereal Bar	Oatmeal	CHEFS
<b>Extra/Protein</b>					
<b>LUNCH:</b>					
	<b>Turkey Wrap</b>	<b>Chef Salad</b>	<b>Chicken Dippers</b>	<b>Riblets</b>	
<b>Milk</b>	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+)	<b>CHOICE</b>
<b>Fruit</b>	Diced Pears	Fruit Cocktail	Mandarin Oranges	Diced Peaches	
<b>Vegetable</b>	String Beans	Lettuce Mix	Mixed Veggies	Mashed Potatoes	
<b>Grain</b>	WG Tortilla				
<b>Meat/Meat Alt</b>	Turkey Slices/Amer Cheese	Dicd Turk Ham/Chedd Chs	Chicken Nuggets	BBQ Riblet Patty	
<b>Extra</b>	Ranch	Ranch or Italian Dressing	Ketchup or BBQ sauce		
<b>PM SNACK:</b>					
		<b>Banana "Split"</b>			
<b>Milk/Water</b>					<b>DAY!!</b>
<b>Fruit</b>	Applesauce	1/2 Banana (cut in half)		Clementine	
<b>Vegetable</b>					
<b>Grain</b>	Animal Crackers	Granola	Townhouse Crackers	WG Champ Bites	
<b>Meat/Meat Alternate</b>		Vanilla Yogurt	String Cheese		
<b>Extra</b>					
<b>WEEK 4</b>					
<b>MEAL PATTERN</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Dates:	8/19/2024	8/20/2024	8/21/2024	8/22/2024	8/23/2024
<b>AM SNACK:</b>					
<b>Milk</b>	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+)
<b>Fruit/Vegetable</b>	1/2 Banana				Mixed Berries
<b>Grain</b>	WG Cereal	WG Muffin	WG Waffle	WG Cereal	WG Pancake
<b>Extra/Protein</b>					
<b>LUNCH:</b>					
	<b>Breakfast for Lunch</b>	<b>Manwich Sloppy Joe</b>	<b>Drummies</b>	<b>Crunchers</b>	<b>Fish Fry-day</b>
<b>Milk</b>	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+)
<b>Fruit</b>	Diced Peaches	Fruit Cocktail	Diced Pears	Mandarin Oranges	Applesauce
<b>Vegetable</b>	Hashbrown Potato Patty	Sweet Peas	Diced Carrots	Stringbeans	Diced Carrots
<b>Grain</b>		WG Hamburger Roll			
<b>Meat/Meat Alt</b>	Scrambled Egg Round	Beef Crumbles	Chicken Drumsticks	Pizza Crunchers	<b>WG Fish Shapes</b>
<b>Extra</b>		Manwich Sauce	Signature Sauce		
<b>PM SNACK:</b>					
	<b>Cuke Sandwich</b>	<b>School Made Trail Mix</b>	<b>Zoo Dippers</b>		
<b>Milk/Water</b>					
<b>Fruit</b>					
<b>Vegetable</b>	Cucumber Slices				Fresh Veggie of Choice
<b>Grain</b>	WG Flatbread Squares	School Made Trail Mix	Animal Crackers	Vanilla Wafers	
<b>Meat/Meat Alternate</b>	Ranch		Strawberry Yogurt		Ranch
<b>Extra</b>					
<b>WEEK 5</b>					
<b>MEAL PATTERN</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Dates:	8/26/2024	8/27/2024	8/28/2024	8/29/2024	8/30/2024
<b>AM SNACK:</b>					
<b>Milk</b>	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+)
<b>Fruit/Vegetable</b>		1/2 Banana			
<b>Grain</b>	WG French Toast Sticks	WG Rice Crisp Cereal	English Muffin	WG Cereal Oatmeal Bar	WG Apple Cinnamon Loaf
<b>Extra/Protein</b>			Sunbutter		
<b>LUNCH:</b>					
	<b>Grilled Cheese</b>	<b>Chic/Veggie Eggrolls</b>	<b>Cheeseburger</b>	<b>Chicken Patty</b>	<b>Pizza</b>

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

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