

BETHESDA COUNTRYDAY SCHOOL - SEPTEMBER 2024

| WEEK 1 | | | | | |
|------------------|-------------|---------------------|-----------------------|-------------------------|----------------------|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 9/2/2024 | 9/3/2024 | 9/4/2024 | 9/5/2024 | 9/6/2024 |
| AM SNACK: | | | | | |
| Milk | BCDS CLOSED | Milk 1% | Milk 1% | Milk 1% | Milk 1% |
| Fruit (Optional) | | | Banana | | Applesauce |
| Grain | HAPPY | WG Oatmeal Bar | WG Crispy Rice Cereal | WG Mini Bagel | WG Blueberry Loaf |
| Extra/Protein | LABOR DAY! | | | Cream Cheese | |
| LUNCH: | | | | | |
| | | TACO TUESDAY | MEATLOAF | CHICKEN DRUMMIES | FISH FILET |
| Fruit | BCDS CLOSED | Diced Pears | Diced Peaches | Pineapple Tidbits | Fruit Mix |
| Vegetable | | Lettuce | Mashed Potatoes | Green Beans | Corn |
| Grain | HAPPY | WG Tortilla | | | |
| Meat/Meat Alt | LABOR DAY! | Turkey Taco Entrée | Meatloaf | Chicken Drumsticks | Fish Filet Rectangle |
| Extra | | Cheese | | Signature Sauce | |
| PM SNACK: | | | | | |
| Fruit | | Water | Water | Water | Water |
| Vegetable | BCDS CLOSED | | | | |
| Grain | | Vanilla Wafers | Animal Crackers | Townhouse Crackers | Education Crackers |
| Protein | HAPPY | | | Cheese Slice | |
| Extra | LABOR DAY! | | | | |

| WEEK 2 | | | | | |
|------------------|---------------------|-----------------|-----------------------|----------------------|------------------------|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 9/9/2024 | 9/10/2024 | 9/11/2024 | 9/12/2024 | 9/13/2024 |
| AM SNACK: | | | | | |
| Milk | Milk 1% | Milk 1% | Milk 1% | Milk 1% | Milk 1% |
| Fruit (Optional) | Blueberries | | Strawberries | | |
| Grain | WG Pancake Bites | WG Oatmeal Bar | WG Toasted Oat Cereal | WG French Toast Stix | WG Cinnamon Cereal |
| Extra/Protein | | | | | |
| LUNCH: | | | | | |
| | BRUNCH SAMMY | RAVIOLIS | CHEESEBURGER | PIZZA | CHICKEN POT PIE |
| Milk | Milk 1% | Milk 1% | Milk 1% | Milk 1% | Milk 1% |
| Fruit | Diced Pears | Diced Peaches | Diced Pineapple | Fruit Mix | Mandarin Oranges |
| Vegetable | Diced Carrots | Broccoli Bites | Tater Tots | Green Beans | Mixed Veggies |
| Grain | WG English Muffin | | WG Bun | WG Crust | WG Biscuit |
| Meat/Meat Alt | Egg Patty | Ravioli | Beef Patty | Pizza | Diced Chicken |
| Extra | Cheese Slice | | Cheese Slice | | Gravy |
| PM SNACK: | | | | | |
| Milk | Water | Water | Water | Water | Water |
| Fruit | | Diced Pears | Apple Slices | Apple Slices | Apple Slices |
| Vegetable | | | | Baby Carrots | |
| Grain | Wheat Thins | WG Goldfish | | | Churro Crackers |
| Protein | String Cheese | | Cheese Cubes | | Vanilla Yogurt |
| Extra | | | | Ranch | |

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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WEEK 3

| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|-----------------|-----------------------|-------------------------|--------------------|---------------------------|
| Dates: | 9/16/2024 | 9/17/2024 | 9/18/2024 | 9/19/2024 | 9/20/2024 |
| AM SNACK: | | | | | |
| Milk | Milk 1% | Milk 1% | Milk 1% | Milk 1% | Milk 1% |
| Fruit (Optional) | | Mango | Blueberries | | Banana |
| Grain | WG Spoon Cereal | Yogurt | Wg Cereal | Wg Oatmeal Bar | WG Crispy Rice Cereal |
| Extra/Protein | | | | | |
| LUNCH: | | | | | |
| | VEGGIE BURGER | TEX MEX | ORANGE CHICKEN | PHILLY CHEESESTEAK | SOUP & SANDWICH |
| Milk | Milk 1% | Milk 1% | Milk 1% | Milk 1% | Milk 1% |
| Fruit | Diced Peaches | Applesauce | Diced Pears | Mandarin Oranges | Fruit Mix |
| Vegetable | Green Beans | Corn | Green Beans | Tater Tots | Tomato Soup |
| Grain | WG Bun | Cheddar Grits | Brown Rice | WG Roll | |
| Meat/Meat Alt | Veggie Burger | Diced Chicken | Diced Chicken | Beef Steak | Grilled Cheese Sandwich |
| Extra/Protein | | BBQ sauce | Orange Sauce | Cheese | |
| PM SNACK: | | | | | |
| Milk | Water | Water | Water | Water | Water |
| Fruit | Clementine | | | Apple Slices | |
| Vegetable | | Cucumber Slices/Ranch | | | |
| Grain | Sunrise Bites | WG Crackers | Apple Cinn Graham Bears | Sunbutter | Cinnam WG Graham Crackers |
| Extra | | | | | |

WEEK 4

| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|-------------------|---------------------|--------------------------|-----------------------|---------------|
| Dates: | 9/23/2024 | 9/24/2024 | 9/25/2024 | 9/26/2024 | 9/27/2024 |
| AM SNACK: | | | | | |
| Milk | Milk 1% | Milk 1% | Milk 1% | Milk 1% | CHEF'S CHOICE |
| Fruit (Optional) | | Mixed Berries | | Sliced Strawberries | |
| Grain | WG Cereal | WG Waffle | Wg Muffin | WG Corn Flakes Cereal | |
| Extra | | | | | |
| LUNCH: | | | | | |
| | MAC N CHEESE | FIESTA RICE BOWL | CHICKEN FRIES | TURKEY HAM | CHEF'S CHOICE |
| Milk | Milk 1% | Milk 1% | Milk 1% | Milk 1% | Milk 1% |
| Fruit | Mandarin Oranges | Pineapple Tidbits | Diced Pears | Fruit Mix | |
| Vegetable | Sweet Peas | Corn | Diced Carrots | Mashed Potatoes | |
| Grain | | Brown Rice | | | |
| Meat/Meat Alt | Mac & Cheese | Turkey Taco Entrée | Chicken Fries | Diced Turkey Ham | |
| Extra | | Cheese | | | |
| PM SNACK: | | | | | |
| Milk | Water | Water | Water | Water | Water |
| Fruit | | Orange Slices | Apple Slices | | CHEF'S CHOICE |
| Vegetable | | | | | |
| Grain | WG Pizza Crackers | Champ Bite Crackers | | All Sport Bites | |
| Extra | String Cheese | | Voy Hazelnut Free Spread | | |

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