

BETHESDA COUNTRY DAY SCHOOL - OCTOBER 2024

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	9/30/2024	10/1/2024	10/2/2024	10/3/2024	10/4/2024
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit (Optional)	Fruit of choice		1/2 Banana		Applesauce
Grain	WG Cereal	WG Oatmeal Bar	WG Crispy Rice Cereal	WG Mini Bagel	WG Blueberry Loaf
Extra/Protein				Cream Cheese	
LUNCH:					
	CRUNCHERS	TACO TUESDAY	MEATLOAF	CHICKEN DRUMMIES	FISH FILET
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit	Applesauce	Diced Pears	Diced Peaches	Pineapple Tidbits	Fruit Mix
Vegetable	Mixed Veggies	Lettuce	Mashed Potatoes	Green Beans	Corn
Grain		WG Tortilla			
Meat/Meat Alt	Pizza Crunchers	Turkey Taco Entrée	Meatloaf	Chicken Drummies	Fish Filet Rectangle
Extra		Cheese		Signature Sauce	
PM SNACK:					
Milk/Water	Water	Water	Water	Water	Water
Fruit			Applesauce		Banana
Vegetable					
Grain	WG Alphabet Crackers	Vanilla Wafers	Animal Crackers	Townhouse Crackers	Education Crackers
Protein		Strawberry Yogurt		Cheese Slice	
Extra					

WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/7/2024	10/8/2024	10/9/2024	10/10/2024	10/11/2024
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit (Optional)	Mixed Berries	Sliced Strawberries	Blueberries	Applesauce	Banana
Grain	WG Pancake Bites	WG Toasted Oat Cereal	WG Oatmeal Bar	WG French Toast Stix	WG Cinnamon Cereal
Extra/Protein					
LUNCH:					
	BRUNCH SAMMY	Ravioli	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	Water
Fruit		Diced Pears	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:	10/14/2024	10/15/2024	10/16/2024	10/17/2024	10/18/2024
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit (Optional)		Mango		Blueberries	1/2 Banana
Grain	WG Spooner Cereal	Vanilla Yogurt	WG Oatmeal Cereal Bar	WG Cereal	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		BBQ sauce	Orange Sauce	Cheese	
PM SNACK:					
Milk /Water	Water	Water	Water	Water	Water
Fruit	Clementine			Diced Mango	Applesauce
Vegetable		Cucumber Slices/Ranch			
Grain	Sunrise Bites	WG Crackers	Apple Cinn Graham Bears		Cinnam WG Graham Crackers
Protein				Vanilla Yogurt	

WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/21/2024	10/22/2024	10/23/2024	10/24/2024	10/25/2024
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	CHEF'S CHOICE
Fruit (Optional)	Banana		Mixed Berries	Sliced Strawberries	
Grain	WG Cereal Bar	WG Waffle	WG Muffin	WG Corn Flakes Cereal	
Extra/Protein					
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 n Cheese	Turkey Taco Entrée	Chicken Fries	Diced Turkey Ham	
Extra		Cheese			
PM SNACK:					
Milk / Water	Water	Water	Water	Water	Water
Fruit		Orange Slices	Apple Slices	Diced Mango	CHEF'S CHOICE
Vegetable					
Grain	WG Pizza Crackers	Champ Bite Crackers		All Sport Bites	
Protein	String Cheese		Voy Hazelnut Free Spread		
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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Week 5					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/28/2024	10/29/2024	10/30/2024	10/31/2024	11/1/2024
AM SNACK:					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit (Optional)	Fruit of choice	Banana			
Grain	WG Cereal	WG Crispy Rice Cereal	WG Crispy Rice Cereal	WG Cereal Oatmeal Bar	WG Blueberry Loaf
Extra/Protein			Cream Cheese		
LUNCH:					
	CRUNCHERS	TACO TUESDAY	MEATLOAF	CHICKEN DRUMMIES	FISH FILET
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit	Applesauce	Diced Pears	Diced Peaches	Pineapple Tidbits	Fruit Mix
Vegetable	Mixed Veggies	Lettuce	Mashed Potatoes	Green Beans	Corn
Grain		WG Tortilla			
Meat/Meat Alt	Pizza Crunchers	Turkey Taco Entrée	Meatloaf	Chicken Drummies	Fish Filet Rectangle
Extra		Cheese		Signature Sauce	
PM SNACK:					
Milk / Water	Water	Water	Water	Water	Water
Fruit			Applesauce		Banana
Vegetable					
Grain	WG Alphabet Crackers	Vanilla Wafers	Animal Crackers	Townhouse Crackers	Education Crackers
Protein		Strawberry Yogurt		Cheese Slice	
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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