

# BETHESDA COUNTRY DAY SCHOOL - JANUARY 2025

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	12/30/2024	12/31/2024	1/1/2025	1/2/2025	1/3/2025
<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+)	CLOSED	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit (Optional)	Mixed Berries	Sliced Strawberries		Applesauce	Clementine
Grain	WG Pancake Bites	WG Toasted Oat Cereal		WG French Toast Stix	WG Cinnamon Cereal
Extra/Protein					
<b>LUNCH:</b>					
	<b>BRUNCH SAMMY</b>	<b>PIEROGIES</b>	<b>HAPPY</b>	<b>PIZZA</b>	<b>CHICKEN POT PIE</b>
Fruit	Diced Pears	Diced Peaches		Fruit Mix	Mandarin Oranges
Vegetable	Diced Carrots	Broccoli Bites		Green Beans	Mixed Veggies
Grain	WG English Muffin			WG Crust	WG Biscuit
Meat/Meat Alt	Egg Patty	Pierogies		Pizza	Diced Chicken
Extra	Cheese Slice				Gravy
<b>PM SNACK:</b>					
Fruit		Diced Pears	<b>NEW YEAR!</b>		
Vegetable				Baby Carrots	
Grain	Wheat Thins	WG Goldfish			Churro Crackers
Protein	String Cheese				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.



# BETHESDA COUNTRY DAY SCHOOL - JANUARY 2025

WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/6/2025	1/7/2025	1/8/2025	1/9/2025	1/10/2025
<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+)
Fruit (Optional)				Mango	1/2 Banana
Grain		WG Spooner Cereal	WG Oatmeal Cereal Bar	Vanilla Yogurt	WG Crispy Rice Cereal
Extra/Protein					
<b>LUNCH:</b>					
		<b>TEX MEX</b>	<b>ORANGE CHICKEN</b>	<b>PHILLY CHEESESTEAK</b>	<b>SOUP &amp; SANDWICH</b>
Fruit		Applesauce	Diced Pears	Mandarin Oranges	Fruit Mix
Vegetable		Corn	Green Beans	Tater Tots	Tomato Soup
Grain			Brown Rice	WG Roll	
Meat/Meat Alt		Chicken Nuggets	Diced Chicken	Beef Steak	Grilled Cheese Sandwich
Extra			Orange Sauce	Cheese	
<b>PM SNACK:</b>					
Fruit					
Vegetable			Cucumber Slices/Ranch	Alphabet Crackers	
Grain		Apple Cinn Graham Bears	WG Crackers		WG Graham Crackers
Protein					

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
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## WEEK 3

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/13/2025	1/14/2025	1/15/2025	1/16/2025	1/17/2025
<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 (Optional)		Mixed Berries	Mixed Berries	Sliced Strawberries	
Grain	WG Cereal	WG Waffle	WG Muffin	WG Corn Flakes Cereal	WG Blueberry Loaf
Extra/Protein					
<b>LUNCH:</b>					
	<b>MAC N CHEESE</b>	<b>FIESTA RICE BOWL</b>	<b>CHICKEN FRIES</b>	<b>TURKEY HAM</b>	<b>FISH FILET</b>
Fruit	Mandarin Oranges	Pineapple Tidbits	Diced Pears	Fruit Mix	Fruit Mix
Vegetable	Sweet Peas	Corn	Diced Carrots	Mashed Potatoes	Sweet Potato Fries
Grain		Tortilla			
Meat/Meat Alt	Mac n Cheese	Turkey Taco Entrée	Chicken Fries	Diced Turkey Ham	Fish Filet Rectangle
Extra		Cheese			
<b>PM SNACK:</b>					
Fruit		Orange Slices	Apple Slices	Diced Mango	1/2 Banana
Vegetable					
Grain	WG Pizza Crackers	Champ Bite Crackers		All Sport Bites	Education Crackers
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.



# BETHESDA COUNTRY DAY SCHOOL - JANUARY 2025

## WEEK 4

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Dates:</b>	<b>1/20/2025</b>	<b>1/21/2025</b>	<b>1/22/2025</b>	<b>1/23/2025</b>	<b>1/24/2025</b>
<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+)	<b>CHEF'S</b>
<b>Fruit (Optional)</b>	Fruit of choice			1/2 Banana	
<b>Grain</b>	WG Cereal	WG Cereal Oatmeal Bar	WG Mini Bagel	WG Crispy Rice Cereal	
<b>Extra/Protein</b>			Cream Cheese		
<b>LUNCH:</b>					
	<b>CRUNCHERS</b>	<b>TACO TUESDAY</b>	<b>CHICKEN DRUMMIES</b>	<b>MEATLOAF</b>	<b>CHOICE</b>
<b>Fruit</b>	Applesauce	Diced Pears	Pineapple Tidbits	Diced Peaches	
<b>Vegetable</b>	Mixed Veggies	Lettuce	Green Beans	Mashed Potatoes	
<b>Grain</b>		WG Tortilla			
<b>Meat/Meat Alt</b>	Pizza Crunchers	Turkey Taco Entrée	Chicken Drumsticks	Meatloaf	
<b>Extra</b>		Cheese	Signature Sauce		
<b>PM SNACK:</b>					
<b>Fruit</b>				Applesauce	<b>DAY!</b>
<b>Vegetable</b>					
<b>Grain</b>	WG Alphabet Crackers	Vanilla Wafers	Townhouse Crackers	Animal Crackers	
<b>Protein</b>	Banana Cinn Chickpea Butter	Strawberry Yogurt	Cheese Slice		
<b>Extra</b>					

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## WEEK 5

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Dates:</b>	<b>1/27/2025</b>	<b>1/28/2025</b>	<b>1/29/2025</b>	<b>1/30/2025</b>	<b>1/31/2025</b>

**AM SNACK:**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 (Optional)</b>	Berries	Sliced Strawberries	Sliced Strawberries	Applesauce	Clementine
<b>Grain</b>	WG Pancake Bites	WG Cereal Oatmeal Bar	WG Toasted Oat Cereal	WG French Toast Stix	WG Cinnamon Cereal
<b>Extra/Protein</b>					

**LUNCH:**

	BRUNCH SAMMY	RAVIOLI	CHEESEBURGER	PIZZA	CHICKEN POT PIE
<b>Fruit</b>	Diced Pears	Diced Peaches	Diced Pineapple	Fruit Mix	Mandarin Oranges
<b>Vegetable</b>	Diced Carrots	Broccoli Bites	Tater Tots	Salad	Mixed Veggies
<b>Grain</b>	WG English Muffin	WG Bun	WG Bun	WG Biscuit	WG Biscuit
<b>Meat/Meat Alt</b>	Egg Patty	Ravioli	Beef Patty	Pizza	Diced Chicken
<b>Extra</b>	Cheese Slice	Cheese Slice	Cheese Slice	Gravy	Gravy

**PM SNACK:**

<b>Fruit</b>	Diced Pears	Apple Slices	Baby Carrots	Churro Crackers
<b>Vegetable</b>				Vanilla Yogurt
<b>Grain</b>	Wheat Thins	WG Goldfish	Cheese Cubes	
<b>Protein</b>	String Cheese			
<b>Extra</b>			Ranch	

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

