

BETHESDA COUNTRY DAY SCHOOL - FEBRUARY 2025

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	2/3/2025	2/4/2025	2/5/2025	2/6/2025	2/7/2025
AM SNACK:					
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)			Mango	Jelly	1/2 Banana
Grain	WG Spooner Cereal	WG Oatmeal Cereal Bar	Vanilla Yogurt	Toast	WG Crispy Rice Cereal
Extra/Protein					
LUNCH:					
	Pasta	TEX MEX	ORANGE CHICKEN	PHILLY CHEESESTEAK	SOUP & SANDWICH
Fruit		Applesauce	Diced Pears	Mandarin Oranges	Fruit Mix
Vegetable		Corn	Green Beans	Tater Tots	Tomato Soup
Grain	Pasta		Brown Rice	WG Roll	
Meat/Meat Alt	Sauce	Chicken Nuggets	Diced Chicken	Beef Steak	Grilled Cheese Sandwich
Extra			Orange Sauce	Cheese	
PM SNACK:					
Fruit			Clementine		
Vegetable		Cucumber Slices/Ranch		Chef's Choice	
Grain	Apple Cinn Graham Bears	WG Crackers	Sunrise Bites		Cinnam WG Graham Crackers
Protein					
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 - FEBRUARY 2025

WEEK 2

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	2/10/2025	2/11/2025	2/12/2025	2/13/2025	2/14/2025

AM SNACK:

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)	1/2 Banana	Mixed Berries	Clementine	Sliced Strawberries	
Grain	WG Cereal	WG Muffin	WG Waffle	WG Corn Flakes Cereal	WG Blueberry Loaf
Extra/Protein					

LUNCH:

	MAC N CHEESE	FIESTA RICE BOWL	CHICKEN FRIES	TURKEY HAM	FISH FILET
Fruit	Mandarin Oranges	Pineapple Tidbits	Diced Pears	Fruit Mix	
Vegetable	Sweet Peas	Lettuce	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			

PM SNACK:

Fruit		Orange Slices	Apple Slices	Diced Mango	
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 - FEBRUARY 2025

WEEK 3

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	2/17/2025	2/18/2025	2/19/2025	2/20/2025	2/21/2025

AM SNACK:

Milk	BCDS CLOSED	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+)	CHEF'S
Fruit (Optional)				1/2 Banana	
Grain	President's Day	WG Cereal Oatmeal Bar	WG Mini Bagel	WG Crispy Rice Cereal	
Extra/Protein			Cream Cheese		

LUNCH:

	BCDS CLOSED	TACO TUESDAY	CHICKEN DRUMMIES	MEATLOAF	CHOICE
Fruit		Diced Pears	Pineapple Tidbits	Diced Peaches	
Vegetable	President's Day	Lettuce	Green Beans	Mashed Potatoes	
Grain		WG Tortilla			
Meat/Meat Alt		Turkey Taco Entrée	Chicken Drummies	Meatloaf	
Extra		Cheese	Signature Sauce		

PM SNACK:

Fruit	BCDS CLOSED			Applesauce	DAY!
Vegetable					
Grain	President's Day	Townhouse Crackers	Vanilla Wafers	Animal Crackers	
Protein		Cheese Slice	Strawberry Yogurt		
Extra					

WEEK 4

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	2/24/2025	2/25/2025	2/26/2025	2/27/2025	2/28/2025

AM SNACK:

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+)
-------------	---	---	---	---	---

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 - FEBRUARY 2025

Fruit (Optional)	Mixed Berries	Blueberries	Sliced Strawberries		Clementine
Grain	WG Pancake Bites	Oatmeal Bar	WG Toasted Oat Cereal	WG French Toast Stix	WG Cinnamon Cereal
Extra/Protein					

LUNCH:

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

PM SNACK:

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.

