

BETHESDA COUNTRY DAY SCHOOL - MARCH 2025

| MARCH - WEEK 1 | | | | | |
|------------------|-------------------------|-----------------------|----------------|--------------------|-------------------------|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 3/3/2025 | 3/4/2025 | 3/5/2025 | 3/6/2025 | 3/7/2025 |
| AM SNACK: | | | | | |
| Milk | Milk 1% | Milk 1% | Milk 1% | Milk 1% | Milk 1% |
| Fruit (Optional) | | Fruit of Choice | Mango | | Banana |
| Grain | WG Oatmeal Cereal Bar | WG Spooner Cereal | Vanilla Yogurt | Toast | WG Crispy Rice Cereal |
| Extra/Protein | | | | | |
| LUNCH: | | | | | |
| | Pasta | Chicken Nugget | 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 | Sweet peas | Corn | Green Beans | Tater Tots | Tomato Soup |
| Grain | Pasta | | Brown Rice | WG Roll | |
| Meat/Meat Alt | Sauce | Wg Chicken Nuggets | Diced Chicken | Beef Steak | Grilled Cheese Sandwich |
| Extra | | | Orange Sauce | Cheese | |
| PM SNACK: | | | | | |
| Fruit | | | Clementine | | |
| Vegetable | | Cucumber Slices/Ranch | | | |
| Grain | Apple Cinn Graham Bears | WG Crackers | | | WG Graham Crackers |
| Protein | | | Sunrise Bites | Vanilla Yogurt | |
| Extra | Water | Water | Water | Water | Water |

| MARCH - WEEK 2 | | | | | |
|------------------|-------------------|---------------------|--------------------------|-----------------------|----------------------|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 3/10/2025 | 3/11/2025 | 3/12/2025 | 3/13/2025 | 3/14/2025 |
| AM SNACK: | | | | | |
| Milk | Milk 1% | Milk 1% | Milk 1% | Milk 1% | Milk 1% |
| Fruit (Optional) | | Berries | Clementine | Sliced Strawberries | |
| Grain | WG Cereal | WG Waffle | WG Muffin | WG Corn Flakes Cereal | WG Blueberry Loaf |
| Extra/Protein | | | | | |
| LUNCH: | | | | | |
| | MAC N CHEESE | FIESTA RICE BOWL | CHICKEN FRIES | TURKEY HAM | FISH FILET |
| Milk | Milk 1% | Milk 1% | Milk 1% | Milk 1% | Milk 1% |
| Fruit | Mandarin Oranges | Pineapple Tidbits | Diced Pears | Fruit Mix | Fruit Mix |
| Vegetable | Sweet Peas | Corn | Diced Carrots | Mashed Potatoes | Sweet Potato Fries |
| Grain | | | | | |
| 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 | 1/2 Banana |
| Vegetable | | | | | |
| Grain | WG Pizza Crackers | Champ Bite Crackers | | All Sport Bites | Education Crackers |
| Protein | String Cheese | | Voy Hazelnut Free Spread | | |
| Extra | Water | Water | Water | Water | Water |

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 - MARCH 2025

MARCH - WEEK 3

| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|-----------------------------|-----------------------|-------------------------|-----------------------|------------------|
| Dates: | 3/17/2025 | 3/18/2025 | 3/19/2025 | 3/20/2025 | 3/21/2025 |
| AM SNACK: | | | | | |
| Milk | Milk 1% | Milk 1% | Milk 1% | Milk 1% | CHEF'S |
| Fruit (Optional) | Fruit of choice | | | Banana | |
| Grain | WG Cereal | WG Cereal Oatmeal Bar | WG Mini Bagel | WG Crispy Rice Cereal | |
| Extra/Protein | | | Cream Cheese | | |
| LUNCH: | | | | | |
| | CRUNCHERS | TACO TUESDAY | CHICKEN DRUMMIES | MEATLOAF | CHOICE |
| Milk | Milk 1% | Milk 1% | Milk 1% | Milk 1% | |
| Fruit | Applesauce | Diced Pears | Pineapple Tidbits | Diced Peaches | |
| Vegetable | Mixed Veggies | Lettuce | Green Beans | Mashed Potatoes | |
| Grain | | WG Tortilla | | | |
| Meat/Meat Alt | Pizza Crunchers | Turkey Taco Entrée | Chicken Drumsticks | Meatloaf | |
| Extra | | Cheese | Signature Sauce | | |
| PM SNACK: | | | | | |
| Fruit | | | | Applesauce | DAY! |
| Vegetable | | | | | |
| Grain | WG Alphabet Crackers | Vanilla Wafers | Townhouse Crackers | Animal Crackers | |
| Protein | Banana Cinn Chickpea Butter | Strawberry Yogurt | Cheese Slice | | |
| Extra | Water | Water | Water | Water | |

MARCH - WEEK 4

| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|---------------------|---------------------|-----------------------|----------------------|------------------------|
| Dates: | 3/24/2025 | 3/25/2025 | 3/26/2025 | 3/27/2025 | 3/28/2025 |
| AM SNACK: | | | | | |
| Milk | Milk 1% | Milk 1% | Milk 1% | Milk 1% | Milk 1% |
| Fruit (Optional) | Berries | Sliced Strawberries | Blueberries | | Clementine |
| Grain | WG Pancake Bites | Oatmeal Bar | WG Toasted Oat Cereal | WG French Toast Stix | Wg Cereal |
| Extra/Protein | | | | | |
| LUNCH: | | | | | |
| | BRUNCH SAMMY | PIEROGIES | 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 | Tater Tots | Salad | 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: | | | | | |
| Fruit | | Diced Pears | Apple Slices | | |
| Vegetable | | | | Baby Carrots | |
| Grain | Wheat Thins | WG Goldfish | | | Churro Crackers |
| Protein | String Cheese | | Cheese Cubes | | Vanilla Yogurt |
| Extra | Water | Water | Water | Water | Water |

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