

OCTOBER | 2022

Bethlehem Lutheran School & Preschool



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Chicken Tenders Ultra-Grain Tortilla Spinach Peaches	4 Bosco Breadsticks Marinara Sauce Chickpeas Apple	5 Spaghetti Green Beans Pears Breadstick	6 NO SCHOOL	7 NO SCHOOL
10 Scrambled Eggs Hash Browns Mixed Fruit Cinnamon Texas Toast	11 Walking Taco Refried Beans Salsa Cup Orange	12 Hamburger on a Bun Oven Fries Apple	13 Chicken Noodle Soup PB & J Kale Crisps Applesauce	14 Chicken Patty on a Bun Sweet Potato Fries Craisins
17 Pancakes Sausage Patty Egg Patty Hash Browns Orange	18 Calzone Marinara Sauce Romaine Lettuce Mixed Fruit	19 Turkey Mashed Potatoes Peaches Sweet Roll	20 Macaroni & Cheese Green Beans Pears Roll	21 Chicken Nuggets Carrots Pinto Beans & Chickpea Salad Apple
24 Boneless Chicken Wings Salad Mixed Fruit Nature Valley Crisps	25 Soft Shell Tacos Seasoned Black Beans Salsa Cup Orange	26 Waffles Yogurt Hash Browns Applesauce	27 Tomato Soup Grilled Cheese Apple Crisp	28 Pizza Peas Pineapple
31 Pigs in a Blanket Baked Beans Apple	1	2	3	4

Notes

Fresh Seasonal Vegetables~ when available

Daily Milk Choices:
1% White
1% Chocolate

Menu Subject to Change

USDA is an equal opportunity provider and employer.

“So whether you eat or drink or whatever you do, do it all for the glory of God.”
1 Corinthians 10:31