

# January 2023

## MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

<p><b>PLEASE NOTE</b></p> <ul style="list-style-type: none"> <li>Due to supply shortages nationwide, it may be necessary to change menus without notice; we appreciate your understanding.</li> <li>We are an Allergen-Friendly Kitchen.</li> <li>All vegetables are prepared with olive oil <u>only</u>.</li> <li>Please check daily menus for <b>Gluten-Free</b> / <b>Dairy-Free</b> options. <b>GF=Gluten-Free</b>; <b>DF=Dairy-Free</b></li> <li>FOR ALLERGEN-FRIENDLY OPTIONS, PLEASE INSTRUCT YOUR CHILD TO ASK HIS/HER SERVER.</li> <li>We will offer the following <b>GF/DF</b> meal option for students with <b>documented GF/DF</b> needs (<b>on file in the Nurse's office</b>). This will be in addition to regular menu items marked <b>GF/DF</b>.</li> </ul> <p>Chicken Tenders   Rice   Vegetable</p>	<p><b>AVAILABLE DAILY</b></p> <ul style="list-style-type: none"> <li>Low fat Milk, 1% Chocolate Milk, Assorted Juices, Lemonade, Water</li> <li>Super Salad Bar: Salad mixes, fresh spinach, variety of toppings, crackers, and salad dressings</li> <li>Seasonal fresh fruits, fruit cups, gelatin treats, and yogurts</li> <li>Pre-packed Grilled Chicken Caesar Salad</li> <li>Deli Options: Lean sliced deli meats, yellow and white cheeses, whole-wheat bagels, <b>GF</b> bagels, sliced bread*, hoagies, and no-crust peanut butter/jelly sandwiches (*<b>GF</b> available)</li> </ul> <p>Please contact us at <a href="mailto:Foodservice@mtbethel.org">Foodservice@mtbethel.org</a> if you have any questions regarding our options.</p>
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Monday	Tuesday	Wednesday	Thursday	Friday
		<div>4</div> <div>Roast Turkey – <b>GF/DF</b> Mashed Potatoes - <b>GF</b> Peas &amp; Carrots Roll</div> <div>Lower School only</div>	<div>5</div> <div>Chicken Sandwich w/ Whole Grain Bun (<b>GF/DF</b> option - <i>Grilled Chicken</i>) Honey Mustard/Ketchup Green Beans Smile Fries Dessert</div>	<div>6</div> <div>Spaghetti (<b>GF</b> pasta option available) Meatballs (<b>GF</b> option available) Marinara Broccoli Breadstick</div>
<div>9</div> <div>Whole Grain French Toast Sticks/Syrup Sausage Link- <b>GF/DF</b> Cheesy Eggs - <b>GF</b> Sliced Apples - <b>GF</b></div>	<div>10</div> <div>Bowtie Parmesan Pasta(<b>GF</b> pasta option available) Meatballs (<b>GF</b> option available) Caesar Salad</div>	<div>11</div> <div>Beef (<b>GF/DF</b>) Tacos (<i>Hard Shell – GF/DF</i> or Soft Shell) Mixed Vegetables Rice - <b>GF</b></div>	<div>12</div> <div>Chicken Tenders w/Whole Grain Breeding (<b>GF/DF</b> option – <i>Grilled Chicken</i>) Macaroni &amp; Cheese Green Beans Dessert</div>	<div>13</div> <div>Chicken (<b>GF</b>) &amp; Cheese Nachos Tortilla Chips Corn</div>
<div>16</div> <div></div>	<div>17</div> <div>Chicken Nuggets w/Whole Grain Breeding (<b>GF/DF</b> option – <i>Grilled Chicken</i>) Mashed Potatoes Carrots</div>	<div>18</div> <div>Pepperoni Pizza (<b>GF</b> Pepperoni Pizza option available) Green Beans Fresh Fruit</div>	<div>19</div> <div>Chicken &amp; Waffles Syrup Fresh Fruit Tater Tots Dessert</div>	<div>20</div> <div>Hamburger (<b>GF/DF</b>) w/ Whole Grain Bun French Fries - <b>DF</b> Lettuce &amp; Tomato Cheese Slice on Side Cucumber Slices</div>
<div>23</div> <div>Garden Rotini (<b>GF</b> pasta option available) w/Meatballs (<b>GF</b> option available) Marinara Caesar Salad Roll</div>	<div>24</div> <div>Beef (<b>GF/DF</b>) &amp; Cheese Nachos Tortilla Chips Corn</div>	<div>25</div> <div>Grilled Cheese Sandwich (<b>GF</b> Grilled Cheese option available) Chicken &amp; Rice Soup Vegetable Chips</div>	<div>26</div> <div>Chicken Biscuit (<b>GF/DF</b> option – <i>Grilled Chicken</i>) Broccoli Fries Baked Apples – <b>GF</b> Dessert</div>	<div>27</div> <div>Teriyaki Chicken (<b>GF/DF</b> option - Chicken w/White Rice) Steamed Rice Vegetable Eggroll</div>
<div>30</div> <div>Penne Pasta Alfredo Sauce on Side Grilled Chicken Broccoli Roll</div>	<div>31</div> <div>Roast Turkey – <b>GF/DF</b> Mashed Potatoes - <b>GF</b> Peas &amp; Carrots Roll</div>	<div> <p>“You are never too old to set a new goal or to dream a new dream.”</p> <p>C.S. Lewis</p> </div>		



		<b>4</b> <b>Rotisserie Chicken Drumsticks</b> <b>OR: Macaroni and Cheese</b> <b>WITH:</b> Whole Wheat Roll Baby Carrots with Ranch Dressing Cheez-it Crackers Fuji Apple	<b>5</b> <b>Spaghetti in Meat Sauce</b> <b>OR: Eggplant Parmesan</b> <b>OVER:</b> Spaghetti Noodles <b>WITH:</b> Whole Wheat Breadstick Steamed Corn Diced Pears Fresh Baked Cookie	<b>6</b> <b>Pizza Fridays! Hand Tossed Pepperoni Pizza</b> <b>OR: Hand Tossed Cheese Pizza</b> <b>WITH:</b> Garden Salad with Ranch Dressing Mixed Up Fruit Cup Fresh Baked Cookie
<b>9</b> <b>Creamy Parmesan Chicken and Rice</b> <b>OR: Creamy Parmesan Tofu and Rice</b> <b>WITH:</b> Green Beans Baked Lays Chips Diced Peaches	<b>10</b> <b>Chef-fil-a Breaded Chicken Sandwich</b> <b>OR: Gardenburger</b> <b>WITH:</b> Romaine with Ranch Dressing Goldfish Tropical Fruit	<b>11</b> <b>Fiesta Chicken Taco on a Soft Tortilla</b> <b>OR: Bean &amp; Cheese Burrito</b> <b>WITH:</b> Salsa with Tortilla Chips Steamed Corn Mandarin Oranges	<b>12</b> <b>Breakfast for Lunch</b> <b>Whole Grain French Toast Sticks</b> <b>OR: Vegetarian Sausage</b> <b>WITH:</b> Turkey Sausage Breakfast Potatoes Fresh Banana Fresh Baked Cookie	<b>13</b> <b>Pizza Fridays! Hand Tossed Pepperoni Pizza</b> <b>OR: Hand Tossed Cheese Pizza</b> <b>WITH:</b> Garden Salad with Caesar Dressing Very Berry Fruit Salad Ice Cream Sandwich
<div>MLK Day No School</div>	<b>17</b> <b>Beefy Taco Pasta</b> <b>OR: Cheesy Taco Pasta</b> <b>WITH:</b> Green Beans Fuji Apple	<b>18</b> <b>Popcorn Chicken</b> <b>OR: Vegetarian Nuggets</b> <b>WITH:</b> Dinner Roll Mashed Potatoes Elf Grahams Diced Pears	<b>19</b> <b>All Beef Hot Dog</b> <b>OR: Meatless Meatball Sub</b> <b>WITH:</b> Romaine Salad with Italian Dressing Fresh Pear Fresh Baked Cookies	<b>20</b> <b>Pizza Fridays! Hand Tossed Pepperoni Pizza</b> <b>OR: Hand Tossed Cheese Pizza</b> <b>WITH:</b> Garden Salad with Ranch Dressing Marvelous Melon Mania Fresh Baked Cookie
<b>23</b> <b>Macho Beef Nachos</b> <b>OR: Bean &amp; Cheese Nachos</b> <b>WITH:</b> Salsa Pinto Beans Mandarin Oranges	<b>24</b> <b>All American Hamburger</b> <b>OR: Gardenburger</b> <b>WITH:</b> Green Beans Diced Pineapple	<b>25</b> <b>Chicken Alfredo Pasta</b> <b>OR: Creamy Alfredo Pasta</b> <b>WITH:</b> Romaine Salad with Caesar Dressing NutriGrain Bar Fresh Orange Wedges	<b>26</b> <b>Chicken Fried Rice</b> <b>OR: Vegetarian Fried Rice</b> <b>WITH:</b> Diced Carrots Diced Peaches Fresh Baked Cookie	<b>27</b> <b>Pizza Fridays! Hand Tossed Pepperoni Pizza</b> <b>OR: Hand Tossed Cheese Pizza</b> <b>WITH:</b> Garden Salad with Caesar Dressing Rainbow Fruit Salad Ice Cream Sandwich
<b>30</b> <b>Chicken Corn Dog</b> <b>OR: Vegetarian Nuggets</b> <b>WITH:</b> Steamed Corn Cinnamon Applesauce Baked Lays Chips	<b>31</b> <b>Mama Mia Marinara Beef Meatball Sub</b> <b>OR: Meatless Meatball Sub</b> <b>WITH:</b> Diced Carrots Steamed Peas Diced Pineapple	ChefAdvantage is committed to Healthy, Nutritious & Delicious Meals. Locally sourced ingredients included whenever possible. No High Fructose Corn Syrup, Trans Fats, Artificial Sweeteners, or MSG are used in our recipes.  <b>770-421-9550</b> <b>www.ChefAdvantage.com</b> This institution is an equal opportunity provider.		