

# Sample Menu — Bethel Children's Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Parmesan Chicken Buttered Egg Noodles Peas Watermelon	3 Meatloaf Wheat Bread Fresh Spinach Leaves Apple Wedges	4 Tuna Melt Fresh Celery Sticks Orange Wedges	5 Beans-N-Franks Homemade Cornbread Corn Peaches	6 Tacos Tossed Green Salad Watermelon	7
8	9 Mac-N-Cheese Fresh Broccoli Florets Watermelon	10 Lasagna Corn Mandarin Oranges	11 BBQ Chicken Steamed Rice Peas Pineapple	12 PB&J Fresh Celery Sticks Yogurt Apple Wedges	13 Scrambled Egg Bake Biscuits Fresh Broccoli Florets Peaches	14
15	16 Stroganoff Peas Peaches	17 Chicken Fried Rice Cucumber Slices Pineapple	18 English Muffin Pizza Baby Carrots Apple Wedges	19 Spaghetti with Homemade Meatballs Fresh Spinach Leaves Watermelon	20 Bean and Cheese Burrito Tossed Green Salad Peaches	21
22	23 Tuna Patties Fresh Baby Carrots Orange Wedges	24 Refried Beans Spanish Rice Corn Watermelon	25 Tacos Tossed Green Salad Mandarin Oranges	26 Sweet-N-Sour Chicken Steamed Rice Peas Pineapple	27 Chicken Tortilla Rollups Fresh Spinach Leaves Watermelon	28