

OCTOBER 2022

BETHEL GRADE SCHOOL

LUNCH

MONDAY

Hot Dog on bun
Carrots
Fruit
Milk

3

TUESDAY

Burrito
Chips/salsa
Corn
Fruit
Milk

4

WEDNESDAY

Country Fried Steak
Mashed Potatoes
Roll
Fruit
Milk

5

THURSDAY

French Bread Pizza
Green Salad
Fruit
Milk

6

FRIDAY

Hamburger on bun
French Fries
Lett/Tom/Pickle
Fruit
Milk

7

10

NO SCHOOL

Bethel café Chicken Cheese
and rice
Peas/Carrots
Fruit
Milk

11

Mini corn dogs
Mashed Potatoes
Roll
Fruit
Milk

12

Pizza Pasta
Garlic Bread
Corn
Fruit
Milk

13

Meatball Sub
Tatar Tots
Fruit
Milk

14

Cod Fish Nuggets
Coleslaw
Roll
Fruit
Milk

17

Taco Soup
Sandwich
Tortilla strips
Fruit
Milk

18

Chicken Nuggets
Mashed potatoes
Roll
Fruit
Milk

19

Cheese Pizza
Cheese stick
Green Beans
Fruit
Milk

20

Chicken Patty on bun
Lett/Tom/Pickle
Peas
Fruit
Milk

21

Spaghetti w meat sauce
Garlic Bread
Green salad
Fruit
Milk

24

Orange chicken
WG rice
Veggies
Fruit
Milk

25

Salisbury Steak
Roll
Mashed potatoes
Fruit
Milk

26

Bagel Bites
Pretzel stick
Green Beans
Fruit
Milk

27

NO SCHOOL

28

Chicken and Noodles
Roll
Peas
Fruit
Milk

31

FUN FACT!
Applesauce was the first food
eaten in space!!!!



DID YOU KNOW?
YOU ARE SMART
YOU ARE KIND
YOU ARE GONNA HAVE A
GREAT DAY

Potatoes was first food
planted in space!!!