

# AUGUST 2023

## Bethel Café Lunch

Which is the only food that has the seeds on outside!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**FUN FACT!**

Popsicles was invented by a 11 year old boy named Frank Epperson!

1

2

3

4

7

8

9

10

11

14

15

Chicken Nuggets  
Mashed potatoes  
Roll  
Fruit  
Milk

16

Beef Hot Dog on bun  
Carrots  
Fruit  
Milk

17

Hamburger on bun  
Potato wedges  
Lett/ tom/ pickle  
Fruit  
Milk

18

21

BBQ pork nachos  
Tortilla Chips  
Lett/Tom/Cheese  
Salsa  
Fruit milk

22

Burrito  
Chips/Salsa  
Rice  
Fruit  
Milk

23

Salisbury Steak  
Mashed Potatoes  
Roll  
Carrots  
Fruit milk

24

Chicken Sandwich  
Potato wedges  
Fruit  
Milk

25

Cheese Pizza  
Bread stick  
Corn  
Fruit  
milk

28

Chicken,Cheese,Rice  
Veggie mix  
Fruit  
Milk

29

Beef Manhattan Sandwich  
Mashed potatoes  
Roll  
Fruit  
Milk

30

Chicken/Waffles  
Green Beans  
Fruit  
Milk

31

Spaghetti w meat sauce  
Garlic bread  
Fruit  
Milk

