



# FEBRUARY | 2022

## Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	1 Chicken Nuggets-230 cal Corn-100 cal Roll-140 cal Fruit-60 cal Milk-100 cal	2 Mini corn dogs- 180 cal Tatar tots-160 cal Fruit-80 cal Milk-100 cal	3 Hamburger on bun-270 ca French fries-156 cal Let/tom/pickle-19 cal Fruit-60 cal Milk-100 cal	4 Beef Hot Dog on bun-130 cal Green beans-30 cal Fruit-80 cal Milk-100 cal
7	8 Cheese stick-240cal Marinara-10 cal Peas-53 cal Fruit-60 cal Milk-100 cal	9 Salisbury steak-170 cal Mashed pots-124 cal Roll-140 cal Fruit-60 cal Milk-100 cal	10 Burrito-340 Chips/cheese-100 Green beans-30 cal Fruit-80 cal Milk-100 cal	11 Chili w beans-287 cal Sandwich-210 cal Fruit-60 cal Milk-100 cal
14	15 Sliced turkey roast-132 ca Mashed pots-124 cal Roll-140 cal Fruit-60 cal Milk-100 cal	16 Chicken Patty on bun- 330cal Carrots-23 cal Fruit-60 cal Milk-100 cal	17 Taco Soup-197 cal Sandwich-210 cal Tortilla chips-60 cal Fruit-80 cal	18 Mac/cheese-130 cal Green beans-30 cal Roll-140 cal Fruit-80 cal Milk-100 cal
21	22 Ravioli-350 cal Breadstick-117 cal Carrots-23 cal Fruit-60 cal Milk-100 cal	23 Chicken fajita bowl-134 cal Tortilla strips-90 cal Rice-109 cal Onions/peppers Let/tom/cheese Fruit-60 cal Milk-100 cal	24 BBQ Pork on bun-270 cal Baked beans-170 cal Fruit-80 cal Milk-100 cal	25 Turkey Sub-107 cal Let/tom Cottage Cheese-100 cal Raw veggies-130 cal Fruit-60 cal Milk-100 cal
26	1	2	3	4
Orange Chicken-143 cal Rice w veggies-120 Fruit-60 cal Milk-100 cal				

### News

BETHEL CAFÉ  
NUTRITION NEWS!!

Calorie count-  
550-650 k-5

600-700 6-8

Sodium-  
Less than 640 K-5

Less than 710 6-8

Saturated Fat-  
Less than 10%

Daily Requirements-  
1 oz of meat  
1 oz of grain  
½ cup of fruit  
¾ cup veggies  
1 cup milk

Weekly requirements-  
8 oz Meat