

# Bethel School District Middle School Lunch

Harvest of the Month: Blueberries from Lochmead Farms in Junction City, Oregon



For more information on what's happening in Nutrition Services find us on FaceBook as Bethel Nutrition Services

February 2012

| Daily Special Listed Below: |  | From the Grill<br>Cheeseburger<br>Chicken Nuggets M, W, F<br>Popcorn Chicken T, TH | From the Oven<br>V Vegetarian Pizza<br>Chefs Choice Pizza | From the Deli:<br>Deli Sandwich<br>Yogurt Parfait V                                | V Taco Salad M, W<br>V Quesadilla T<br>V Bean Burrito TH<br>V Nachos F |
|-----------------------------|--|--|---|--|--|
| Monday                      |  | Tuesday  | Wednesday   | Thursday   | Friday   |
| Jan 30—Feb 3                | Mac and Cheese V                             | BBQ Sandwich<br>Coleslaw   | Teriyaki Chicken w/<br>Asian Noodles                      | Soft Beef Tacos<br>Corn  | Chicken Pot Pie  |
| Feb 6-10                    | Baked Chicken w/<br>Roasted Potato<br>Wedges | Enchiladas V<br>Black Bean Salsa   | Chicken Alfredo w/<br>Penne                               | Brunch Lunch<br>Scrambled Egg V<br>Sausage<br>Cinnamon Roll                        | Meatloaf Hero  |
| Feb 13-17                   | Spaghetti Day V                              | Valentine's Day<br>Chili w/ Chips V<br>Chocolate Brownie                           | Chicken Grinder   | Turkey Gravy w/<br>Mashed Potatoes<br>Sub Sandwich V<br>Dinner roll<br>Green Beans | Crunchy Chicken<br>Wrap  |
| Feb 20-24                   | Presidents Day                               | Chicken Fajitas  | Orange Chicken w/<br>Fried Rice                           | Lasagna  | Sloppy Joe on a Bun  |
| Feb 27—Mar 2                | Mac and Cheese V                             | Soft Beef Tacos<br>Corn  | Teriyaki Chicken w/<br>Asian Noodles                      | Grilled Cheese w/<br>Vegetable Soup V  | Chicken Pot Pie  |

### Meal Prices 2011/2012

Middle School Lunch (Paid).....\$1.85  
 Middle School Lunch (Reduced).....\$ .40  
 Adult Lunch.....\$3.10

Breakfast is available at no charge to all students

Available Daily: Color Your Plate variety bar including tossed salad greens, broccoli, cauliflower, carrots, bean, celery, cucumber, salsa, fresh fruit, canned fruit and condiments  
 1% milk , skim milk and chocolate skim milk  
 V denotes vegetarian entree

**This institution is an equal opportunity provider**