



# January 2026

## Elementary Lunch Menu



**Meet Your Nutritious Friend:**  
**Brown Rice Besties**

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| 29   | 30   | 31   | 1  | 2   |
| No School<br>Winter Break  | No School<br>Winter Break  | No School<br>Winter Break  | No School<br>Winter Break  | No School<br>Winter Break   |
| 5  | 6  | 7  | 8  | 9   |
| 1.Chicken Fries with Dinner Roll<br>Or<br>2. Hamburger on WG Bun                           | 1. Walking Tacos with Doritos Or<br>2.Grilled Chicken Sandwich on WG Bun                   | 1. French Toast Sticks w/ Turkey Sausage Or<br>2. BBQ Pulled Chicken Sandwich on WG Bun      | 1.Cheese Ravioli w Garlic Bread Or<br>2. Italian Hoagie                                    | 1.Pizza Cheese Cruncher with Marinara Sauce Or<br>2. Corn Dog                               |
| Feature Veggie<br>Steamed Corn<br>Garden Salad<br>Choice of Fruit<br>Choice of Milk        | Feature Veggie<br>Black Beans<br>Broccoli<br>Choice of Fruit<br>Choice of Milk             | Feature Veggie<br>Mixed Vegetables<br>Grape Tomatoes<br>Choice of Fruit<br>Choice of Milk    | Feature Veggie<br>Steamed Broccoli<br>Sliced Cucumber<br>Choice of Fruit<br>Choice of Milk | Feature Veggie<br>Ranchero Carrots<br>Celery Sticks<br>Choice of Fruit<br>Choice of Milk    |
| 12   | 13   | 14   | 15   | 16  |
| 1.Cheeseburger on WG Bun Or<br>2. Bosco Cheese Sticks with Marinara                        | 1.Chicken and Cheese Quesadilla Or<br>2. Hamburger   | 1. Mini Waffles with Turkey Sausage Or<br>2. Chicken Cheesesteak                             | 1. Macaroni and Cheese with Dinner Roll Or<br>2. Chicken Patty on WG Bun                   | 1. Big Daddy Cheese Pizza Or<br>2. Hot Dog on WG Bun  |
| Feature Veggie<br>Buttered Corn<br>Baby Carrots<br>Choice of Fruit<br>Choice of Milk       | Feature Veggie<br>Glazed Carrots<br>Garden Salad<br>Choice of Fruit<br>Choice of Milk      | Feature Veggie<br>Mixed Vegetables<br>Broccoli Salad<br>Choice of Fruit<br>Choice of Milk    | Feature Veggie<br>Steamed Broccoli<br>Celery Sticks<br>Choice of Fruit<br>Choice of Milk   | Feature Veggie<br>Baked Beans<br>Cucumber Slices<br>Choice of Fruit<br>Choice of Milk       |
| 19   | 20   | 21   | 22   | 23  |
| No School<br>Martin Luther King Day  | 1. Chicken and Cheese Nachos Or<br>2. Bacon Cheeseburger on WG Bun                         | 1.Dutch Waffle with Turkey Sausage Link Or<br>2.Hamburger BBQ On WG Bun                      | 1.General Tso Chicken Over Vegetable Fried Rice Or<br>2. Chicken Patty on WG Bun           | 1. Big Daddy's Pepperoni Pizza Or<br>2. Turkey and Cheese Hoagie                            |
|  | Feature Veggie<br>Black Beans<br>Cucumber Slices<br>Choice of Fruit<br>Choice of Milk      | Feature Veggie<br>Hash Brown Tri Tater<br>Celery Sticks<br>Choice of Fruit<br>Choice of Milk | Feature Veggie<br>Vegetable Fried Rice<br>Asian Slaw<br>Choice of Fruit<br>Choice of Milk  | Feature Veggies<br>Corn<br>Garden Salad<br>Choice of Fruit<br>Choice of Milk                |
| 26   | 27   | 28   | 29   | 30  |
| Cheese Steak on WG Roll Or<br>Chicken Fries with Dinner Roll                               | 1.Beef Nachos over Tortilla Chips Or<br>2. Turkey and Cheese on Pretzel Roll               | French Toast Sticks with Turkey Sausage Or<br>2. Pulled Pork BBQ On WG Bun                   | 1. Lasagna Roll ups With Garlic Stick Or<br>2. Chicken Parm Sandwich On WG Bun             | 1.Big Daddy's Cheese Pizza Or<br>2 .Hot Dog on WG Roll                                      |
| Feature Veggie<br>Baked Fries<br>Baby Carrots<br>Choice of Fruit<br>Choice of Milk         | Feature Veggie<br>Mixed Vegetables<br>Cherry Tomatoes<br>Choice of Fruit<br>Choice of Milk | Feature Veggie<br>Hash Brown Tri Tater<br>Cole Slaw<br>Choice of Fruit<br>Choice of Milk     | Feature Veggie<br>Corn<br>Garden Salad<br>Choice of Fruit<br>Choice of Milk                | Feature Veggie<br>Baked Beans<br>Creamy Cucumber Salad<br>Choice of Fruit<br>Choice of Milk |
| <b>Meal Prices</b><br>Student Lunch \$2.65<br>Reduced Lunch \$0.00<br>Faculty Lunch \$4.85 |  |  |  |   |

### What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

### Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

### Choice of Fruit

Seasonal Fresh Fruits: Apples, Bananas, Pears, Oranges, Strawberries, Blueberries, Tangerines, Grapefruit, Melons,

Canned Fruit: Applesauce, Peaches, Pears, Mixed Fruit, Mandarin Oranges, Pineapple.

100% Juice: Apple, Orange, Grape, Fruit Punch

### Choice of Milk

1% white, fat-free white, fat-free Fat-free chocolate

### Daily Alternates

**Option 3:** PB&J Craveable

**Option 4:** Soft Pretzel Craveable

### Weekly Rotating Alternates

#### Option 5:

**Italian Craveable**

1/5/25-1/9/25

1/26/25-1/30/25

**Bread Stick Dippers Craveable**

1/12/25-1/16/25

**Turkey and Cheese Craveable**

1/19/25-1/23/25

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Explore nutritionals, virtual menus & make payments online at: <http://www.schoolcafe.com/BethlehemASD> or scan the School Café QR code to the right.



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