

NOVEMBER 2025

Bethel Christian Academy

Breakfast \$2.25

Lunch \$3.80

Milk \$.60

Monday

Tuesday

Wednesday

Thursday

Friday

3
Popcorn Chicken,
Macaroni and Cheese,
Buttered Corn,
Daily Fruit Cup,
Fat Free or Low-Fat Milk

4
No School
Go Vote!

5
Hard Tacos w/ Lettuce, Cheese,
Tomato & Salsa,
Spanish Rice,
Daily Fruit Cup,
Fat Free or Low-Fat Milk

6
Pizza Sub w/ Marinara Sauce,
Tater Tots,
Celery,
Daily Fruit Cup,
Fat Free or Low-Fat Milk

7
BBQ Chicken Sandwich,
Baked Chips,
Green Beans,
Daily Fruit Cup,
Fat Free or Low-Fat Milk

10
Cheese Ravioli,
Breadstick,
Broccoli,
Daily Fruit Cup,
Fat Free or Low-Fat Milk

11
Turkey Wrap,
Baked Chips,
Celery,
Daily Fruit Cup,
Fat Free or Low-Fat Milk

12
Cheese Omelet w/Salsa
Pancakes,
Sausage,
Daily Fruit Cup,
Fat Free or Low-Fat Milk

13
Bosco Cheese Sticks,
Tater Tots,
Cucumbers,
Daily Fruit Cup,
Fat Free or Low-Fat Milk

14
Hamburger/Bun,
Lettuce, Pickle, Tomato,
Waffle Fries,
Daily Fruit Cup,
Fat Free or Low-Fat Milk

17
Spaghetti w/ Meatballs,
Dinner Roll,
Green Beans,
Daily Fruit Cup,
Fat Free or Low-Fat Milk

18
Hard Tacos,
Spanish Rice,
Lettuce, Tomato, Cheese, Salsa,
Daily Fruit Cup,
Fat Free or Low-Fat Milk

19
Potato & Cheese Perogies,
Side Salad with Dressing,
Cheese Stick,
Daily Fruit Cup,
Fat Free or Low-Fat Milk

20
Hot Dog/ Bun,
Oven Fries,
Celery,
Daily Fruit Cup,
Fat Free or Low-Fat Milk

21
Thanksgiving Lunch with
All the Fixins

24
25
26
27
28
Thanksgiving Break

“Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.” Psalm 100:4

The BCA Food Service Department is committed to the overall well-being of our students and offering a choice of healthy meals each school day. All meals served must meet nutrition standards established by the U.S. Department of Agriculture (USDA). Our school menus meet federal nutrition standards for school meals, ensuring that meals are healthy & well-balanced, and provide students with all the nutrition they need to succeed at school. School meals offer students milk, fruits and vegetables, proteins and grains, and adhere to strict limits on saturated fat, sodium and portion size as determined by National School Lunch Program Guidelines. We Bethel Christian Academy Student Handbook 18 help students start their day by providing a nutritious breakfast consisting of a two bread/grain equivalent selection(s), or one bread/grain equivalent and one meat/meat alternative selections, a choice of 100% fruit juice and/or fruit, and a choice of 1% white or fat-free chocolate milk. Every day a nutritious lunch is offered, consisting of an entrée (which can include a bread/grain and a meat/meat alternate), two different fruit and/or vegetable choices, and a choice of milk. The milk choices consist of 1% white or fat-free chocolate milk. As mandated by the United States Department of Agriculture (USDA), school breakfast meets 1/4 of the Recommended Dietary Allowance (RDA) and school lunch 1/3 of the RDA.