

The flowers appear on the earth, The time of the singing of birds is come.
Songs of Solomon 2:12

MENU

Bethel Christian Academy

Breakfast \$2.25
Lunch \$3.80
Milk \$.60

MARCH

<p>Hard Tacos, Spanish Rice, Corn, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>Hamburger, Bun, Oven Fries, Green Beans, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>Chicken Alfredo, Breadstick, Grape Tomatoes, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>Slice of Pizza, Tater Tots, Celery, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>Turkey Sub, Pasta Salad, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>
<p>Spaghetti w/Meatballs, Green Beans, Dinner Roll, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>Popcorn Chicken, Mashed potatoes, Corn, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>BBQ Chicken, Jojo's, Carrots, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>Maxx Cheese Stick, Tater Tots, Cucumbers, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>Corndog, Buttered Noodles, Celery, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>
<p>Pancakes, Sausage, Egg Omelets, Bell Peppers, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>Walking Taco, Spanish Rice, Mexi Corn, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>Meatball Sub, Oven Fries, Green Beans, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>Slice of Pizza, Tater Tots, Cucumbers, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>No School</p>
<p>Popcorn Chicken, Mashed Potatoes, Corn, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>Hard Tacos, Spanish Rice, Mexi Corn, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>Ravioli, Green Beans, Bread Stick, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>Maxx Cheese Stick, Tater Tots, Celery, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>Hot Dog/Bun, Oven Fries, Cucumbers, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>
<p>Spaghetti w/Meatballs, Green Beans, Dinner Roll, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>	<p>Pancakes, Sausage, Omelet, Daily Fruit Cup, Fat Free or Low-Fat Milk</p>			

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 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.

