

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

1 Corinthians 13:4-7

MENU

Bethel Christian Academy

Breakfast \$2.25

Lunch \$3.80

Milk \$.60

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FEBRUARY
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BBQ Chicken, Buttered Corn, Baked Oven Fries, Daily Fruit Cup, Fat Free or Low-Fat Milk	02	Turkey Sub, Pasta Salad, Baked Chips, Daily Fruit Cup, Fat Free or Low-Fat Milk	03	Popcorn Chicken, Mac-n-Cheese, Grape Tomatoes, Daily Fruit Cup, Fat Free or Low-Fat Milk	04	Pancakes, Sausage, Egg Omelet, Bell Peppers, Daily Fruit Cup, Fat Free or Low-Fat Milk	05	Slice of Pizza, Baked Chips, Carrots, Daily Fruit Cup, Dessert, Fat Free or Low-Fat Milk	06
Hot Dog/Bun, Oven Fries, Celery, Daily Fruit Cup, Fat Free or Low-Fat Milk	09	Ravioli, Green Beans, Dinner Roll, Daily Fruit Cup, Fat Free or Low-Fat Milk	10	Turkey Sub, Pasta Salad, Baked Chips, Daily Fruit Cup, Fat Free or Low-Fat Milk	11	Mac-n-Cheese, Baked Tater Tots, Cucumbers, Daily Fruit Cup, Fat Free or Low-Fat Milk	12	Chicken Patty, Baked Waffle Fries, Corn, Daily Fruit Cup, Fat Free or Low-Fat Milk	13
No School	16	Spaghetti w/Meatballs, Green Beans, Bread Stick, Daily Fruit Cup, Fat Free or Low-Fat Milk	17	Cheeseburger/Bun, Lettuce, Tomato, Pickle, Oven Fries, Daily Fruit Cup, Fat Free or Low-Fat Milk	18	Pizza Sub, Marinara Sauce, Baked Tater Tots, Celery, Daily Fruit Cup, Fat Free or Low-Fat Milk	19	Walking Taco, Spanish Rice, Refried Beans, Daily Fruit Cup, Fat Free or Low-Fat Milk	20
PanCake, Sausage, Omelet, Bell Peppers, Daily Fruit Cup, Fat Free or Low-Fat Milk	23	Turkey Sub, Pasta Salad, Baked Chips, Daily Fruit Cup, Fat Free or Low-Fat Milk	24	Meatball Sub, Oven Fries, Corn, Daily Fruit Cup, Fat Free or Low-Fat Milk	25	Slice of Pizza, Baked Chips, Cucumbers, Daily Fruit Cup, Fat Free or Low-Fat Milk	26	Corndog, Oven Fries, Celery, Daily Fruit Cup, Fat Free or Low-Fat Milk	27

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.

