

Death Could Not Hold Him!

Rejoice in the resurrection of Jesus Christ!

MENU

Bethel Christian Academy

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

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APRIL
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		01 Chicken Alfredo, Breadstick, Grape Tomatoes, Daily Fruit Cup, Fat Free or Low-Fat Milk	02 Slice of Pizza, Tater Tots, Celery, Daily Fruit Cup, Fat Free or Low-Fat Milk	03 Good Friday No School
06	07	08	09	10
13 Pancakes, Sausage, Egg Omelets, Bell Peppers, Daily Fruit Cup, Fat Free or Low-Fat Milk	14 Walking Taco, Spanish Rice, Mexi Corn, Daily Fruit Cup Fat Free or Low-Fat Milk	15 Meatball Sub, Oven Fries, Green Beans, Daily Fruit Cup, Fat Free or Low-Fat Milk	16 Slice of Pizza, Tater Tots, Cucumbers, Daily Fruit Cup, Fat Free or Low-Fat Milk	17 Turkey Sub, Pasta Salad, Daily Fruit Cup, Fat Free or Low-Fat Milk
20 Popcorn Chicken, Mashed Potatoes, Corn, Daily Fruit Cup, Fat Free or Low-Fat Milk	21 Hard Tacos, Spanish Rice, Mexi Corn, Daily Fruit Cup, Fat Free or Low-Fat Milk	22 Ravioli, Green Beans, Bread Stick, Daily Fruit Cup, Fat Free or Low-Fat Milk	23 Maxx Cheese Stick, Tater Tots, Celery, Daily Fruit Cup, Fat Free or Low-Fat Milk	24 Hot Dog/Bun, Oven Fries, Cucumbers, Daily Fruit Cup, Fat Free or Low-Fat Milk
27 Spaghetti w/Meatballs, Green Beans, Dinner Roll, Daily Fruit Cup, Fat Free or Low-Fat Milk	28 Pancakes, Sausage, Omelet, Daily Fruit Cup, Fat Free or Low-Fat Milk	29 Hard Tacos, Spanish Rice, Corn, Daily Fruit Cup, Fat Free or Low-Fat Milk	30 Hamburger/Bun, Oven Fries, Green Beans, Daily Fruit Cup, Fat Free or Low-Fat Milk	

Easter Break

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 1/2 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 1/2 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.

