



Bethel Hill Charter School Breakfast Menus for August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	August 1	August 2	August 3	August 4
August 7	August 8	August 9	August 10	August 11
August 14	August 15	August 16	August 17	August 18
August 21 Mini Pancakes or Toast and Cereal Fresh Fruit or Juice Lowfat or Fat Free Milk	August 22 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	August 23 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	August 24 Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	August 25 Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
August 28 Doughnut or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	August 29 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	August 30 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	August 31 Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	

Families Making the Connection

School Meals Make a Difference!

All public schools in North Carolina offer school lunch. Most also offer school breakfast. All students can participate in school meal programs. Families can apply to see if they qualify for school meal benefits for their students. Ask your school about a meal application.

Many students and their families depend on school meals. School meals offer a variety of lean proteins, whole grains, fruits, vegetables, lowfat or fat free dairy and locally grown ingredients. School meals make a difference!

There are many benefits to school meals:

- Research shows that students who participate in school meal programs consume more whole grains, milk, fruits, and vegetables.
- Students who eat school meals have better attendance, more focus in class, and improved academic performance.
- Participation in School Nutrition Programs supports social emotional learning.
- School meals are a nutritious, convenient choice for families.
- Eating school meals supports local School Nutrition Programs, farmers, and communities



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	August 1	August 2	August 3	August 4
August 7	August 8	August 9	August 10	August 11
August 14	August 15	August 16	August 17	August 18
August 21 Chicken Nugget with Roll or Ham and Cheese Sub Sweet Peas Tossed Salad French Fries Peaches Lowfat or Fat Free Milk	August 22 Spaghetti with Roll or Turkey Wrap Tossed Salad Corn Mixed Fruit Lowfat or Fat Free Milk	August 23 Hotdogs or Fish Sandwich Coleslaw Baked Beans Peaches Lowfat or Fat Free Milk	August 24 Taco Salad or Chicken Fajita Black-eyed Peas Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	August 25 Pizza or Chicken Salad Pinto Beans Carrots Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
August 28 Chicken Sandwich or Baked Potato with Roll French Fries Sweet Peas Tossed Salad Peaches Lowfat or Fat Free Milk	August 29 Corndog or Fish Nuggets with Hushuppies Baked Beans Coleslaw Tossed Salad Mixed Fruit Lowfat or Fat Free Milk	August 30 Beef Steak with Roll or Pork Chop with Roll Green Beans Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	August 31 Taco Salad or Chicken Fajita Black-eyed Peas Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	

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