



Bethel Hill Charter School Breakfast Menus for September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				September 1 Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
September 4 No School	September 5 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	September 6 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	September 7 Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	September 8 Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
September 11 Mini Pancakes or Toast and Cereal Fresh Fruit or Juice Lowfat or Fat Free Milk	September 12 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	September 13 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	September 14 Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	September 15 Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
September 18 Doughnut or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	September 19 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	September 20 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	September 21 Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	September 22 Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
September 25 Mini Pancakes or Toast and Cereal Fresh Fruit or Juice Lowfat or Fat Free Milk	September 26 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	September 27 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Mil	September 28 Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	September 29 Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk

Families Making the Connection

Taste & Learn About Local Produce

North Carolina is fortunate to have a bounty of agricultural products. “Goodness Grows in North Carolina”! You can find locally grown food in grocery stores, roadside stands, and farmers markets as well as restaurants, schools, and early care and education sites across the state.

For National Fruits & Veggies Month in September and Farm to School and Early Care and Education Month in October, plan to participate in the N.C. Crunch, an opportunity to taste and learn about North Carolina grown fruits and veggies. Schools, early care and education centers, organizations, and

families can sign up and receive a free guide with tips, templates, and links to resources. Share photos on social media of you tasting and learning about N.C. produce using #NCCrunch. Learn more and sign up at <https://growing-minds.org/north-carolina-crunch>.

The N.C. Crunch is also an opportunity to recognize all those involved in feeding our youth and communities—farmers, distributors, school nutrition professionals, transportation professionals and more. Let’s thank our dedicated #FarmtoSchoolHeroes across the state!



Bethel Hill Charter School Lunch Menus for September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				September 1 Pizza or Chicken Salad Pinto Beans Carrots Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
September 4 No School	September 5 BBQ Sandwich or Turkey Wrap Green Beans Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	September 6 Hotdogs or Fish Sandwich Coleslaw Baked Beans Peaches Lowfat or Fat Free Milk	September 7 Taco Salad or Chicken Fajita Black-eyed Peas Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	September 8 Pizza or Chicken Salad Pinto Beans Carrots Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
September 11 Chicken Nuggets with Roll or Ham and Cheese Sub Sweet Peas Tossed Salad Peaches Lowfat or Fat Free Milk	September 12 Corndog or Fish Nuggets & Hush Puppies Baked Beans Coleslaw Tossed Salad Mixed Fruit Lowfat or Fat Free Milk	September 13 Spaghetti with Roll or Turkey Wrap Tossed Salad Corn Mixed Fruit Lowfat or Fat Free Milk	September 14 Taco Salad or Chicken Fajita Black-eyed Peas Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	September 15 Pizza or Chicken Salad Pinto Beans Carrots Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
September 18 Chicken Sandwich or Baked Potato with Roll Sweet Peas Tossed Salad Peaches Lowfat or Fat Free Milk	September 19 BBQ Sandwich or Turkey Wrap Green Beans Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	September 20 Hotdogs or Fish Sandwich Coleslaw Baked Beans Peaches Lowfat or Fat Free Milk	September 21 Taco Salad or Chicken Fajita Black-eyed Peas Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	September 22 Pizza or Chicken Salad Pinto Beans Carrots Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
September 25 Chicken Nuggets with Roll or Ham and Cheese Sub Sweet Peas Tossed Salad Peaches Lowfat or Fat Free Milk	September 26 Corndog or Fish Nuggets with Hush Puppies Baked Beans Coleslaw Tossed Salad Mixed Fruit Lowfat or Fat Free Milk	September 27 Spaghetti with Roll or Turkey Wrap Tossed Salad Corn Mixed Fruit Lowfat or Fat Free Milk	September 28 Taco Salad or Chicken Fajita Black-eyed Peas Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	September 29 Pizza or Chicken Salad Pinto Beans Carrots Tossed Salad Fresh Fruit Lowfat or Fat Free Milk

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