

# BETHESDA ACADEMY

NOVEMBER 29<sup>TH</sup> – DECEMBER 3<sup>RD</sup>



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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BREAKFAST	<b>Breakfast Frittata</b> <b>Grits</b> <b>Hashbrowns</b> <b>Waffles</b> <b>Bacon</b>	<b>Scrambled Eggs</b> <b>Grits</b> <b>Pancakes</b> <b>Sausage</b> <b>Biscuits</b> <b>Gravy</b>	<b>Egg Casserole</b> <b>Grits</b> <b>Home Fries</b> <b>French Toast</b> <b>Sausage</b> <b>Biscuits</b> <b>Gravy</b>	<b>Breakfast Bowl</b> <b>Scramble Eggs</b> <b>Grits</b> <b>Hashbrowns</b> <b>Sausage</b>	<b>Breakfast Taco</b> <b>Grits</b> <b>Bacon</b> <b>Hashbrown</b> <b>Scrambled Eggs</b> <b>Biscuits</b> <b>Gravy</b>
CAFÉ CLASSICS	<b>Chicken Parmesan</b> <b>Spaghetti Noodles</b> <b>Sweet Peas</b> <b>Garlic Bread</b>	<b>Sheppard Pie</b>  <b>Garden Salad</b>  <b>Dinner Roll</b>	<b>Homemade</b> <b>Chicken Tenders</b> <b>Garlic Mashed</b> <b>Potatoes</b> <b>Honey Glazed</b> <b>Carrots</b> <b>Dinner Roll</b>	<b>Beef and Cheese</b> <b>Nacho</b> <b>Salsa, Sour cream &amp;</b> <b>Jalapenos</b> <b>Chili</b> <b>Shredded lettuce</b> <b>Cheese</b>	<b>Corn Dogs</b>  <b>Baked Beans</b>  <b>French Fries</b>
GRILLE			<b>Philly Cheese</b> <b>Steak</b>		
DELI	<b>Turkey Sub</b> <b>Sandwich</b>	<b>Chicken Ranch Wraps</b>			
PIZZA				<b>Meat Lovers Pizza</b>	<b>Italian Subs</b>

**Offered Daily:** Gluten Free Options, Homemade Chips, House Pickles

Please see our Food Service Director for assistance with special dietary needs.