

# SEPTEMBER 2022

## Belvoir Christian Academy

### LUNCH



**School Information:** Make sure you add Money to your Lunch Account this month.

1Corinthians 10:31 Eat for the Glory of God



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**Labor Day**

5

**BCA & CCC CLOSED**

Tater Tot Casserole  
Black Beans  
Fruit

6

Chicken Nuggets  
French Fries  
Fruit  
Green Beans

7

**International Literacy Day**  
Grilled Cheese Sandwich  
Chicken Noodle Soup  
Fruit

8

Pizza  
Corn  
Fruit  
Salad

9

Hamburger  
Fruit  
Green Beans  
Tater Tots

12

Beef Soft Tacos  
Black Beans  
Corn  
Fruit

13

Chicken Nuggets  
Fruit  
Green Beans  
Mashed Potatoes

14

Turkey  
Baked Potato  
Fruit  
Green Beans

15

**National Stepfamily Day**  
Pizza  
Corn  
Fruit & Salad

16

Fish Sticks  
Fruit  
Green Beans  
Tater Tots

19

BBQ Chicken Sandwich  
Baked Beans  
Fruit  
Mashed Potatoes

20

Chicken Nuggets  
Corn  
French Fries  
Fruit

21

**First Day of Fall**  
Chili  
Fritos  
Fruit  
Green Beans

22

Pizza  
Corn  
Fruit  
Salad

23

Hamburger  
Fruit  
Green Beans  
Tater Tots

26

Beef Soft Tacos  
Black Beans  
Corn  
Fruit

27

**World School Milk Day**  
Chicken Nuggets  
Fruit  
Green Beans  
Mashed Potatoes

28

Spaghetti w/Meat Sauce  
Fruit  
Roll  
Salad

29

Pizza  
Corn  
Fruit  
Salad

30