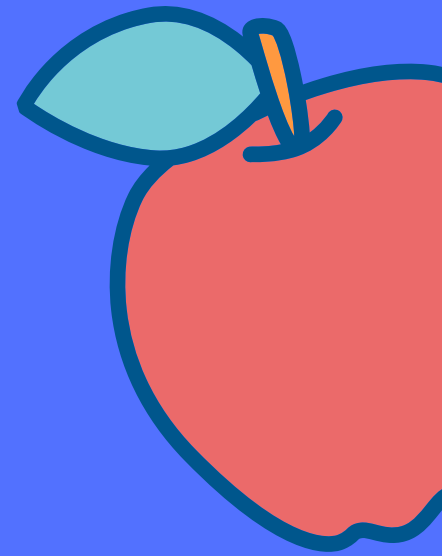


BETA ACADEMY

**VIRTUAL GRAB N GO  
TUESDAY 1/5**

MENUS SUBJECT TO CHANGE



**LUNCH ENTREES**

Cheese Pizza (V)

Crispy Chicken Sandwich

**BREAKFAST ENTREES**

Blueberry Burst Muffin

Multigrain Cheerios Cereal with Sweet  
Crackers

**FRUITS AND  
VEGETABLES**

6 Pieces of Whole Fresh Fruit

Baby Carrots

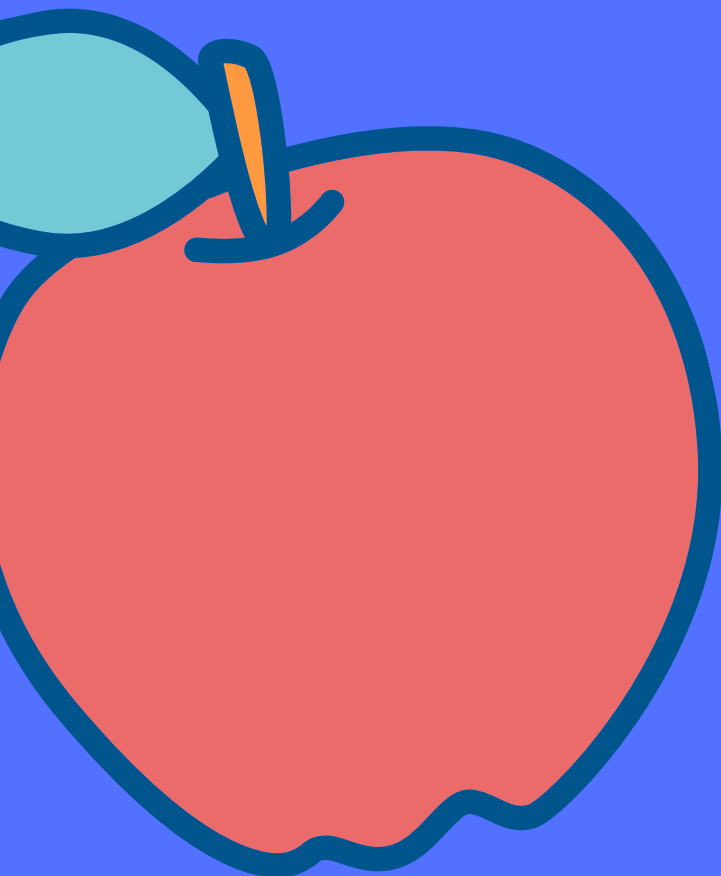
Pinto Beans

**CHOICE OF MILK**

Skim Milk

1% White Milk

Skim Chocolate Milk

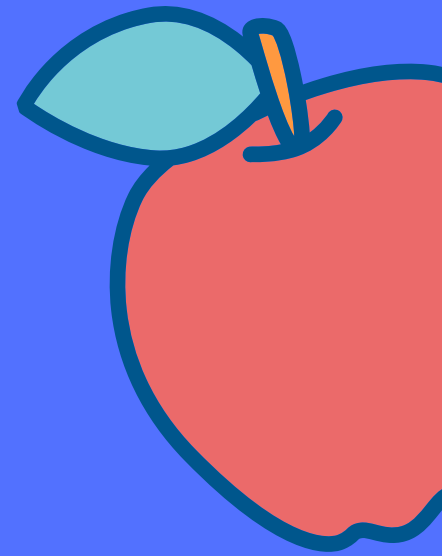


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BETA ACADEMY

**VIRTUAL GRAB N GO  
THURSDAY 1/7**

MENUS SUBJECT TO CHANGE



**LUNCH ENTREES**

All Beef Meatball Sub

Baked Mac and Cheese with Chicken  
Nuggets

Flame-Broiled Beef Burger

**BREAKFAST ENTREES**

French Toast Muffin

Fruit Flavored Yogurt with Granola

Whole Grain Cinnamon Chex Cereal  
with Sweet Crackers

**FRUITS AND  
VEGETABLES**

9 Pieces of Whole Fresh Fruit

Baby Carrots

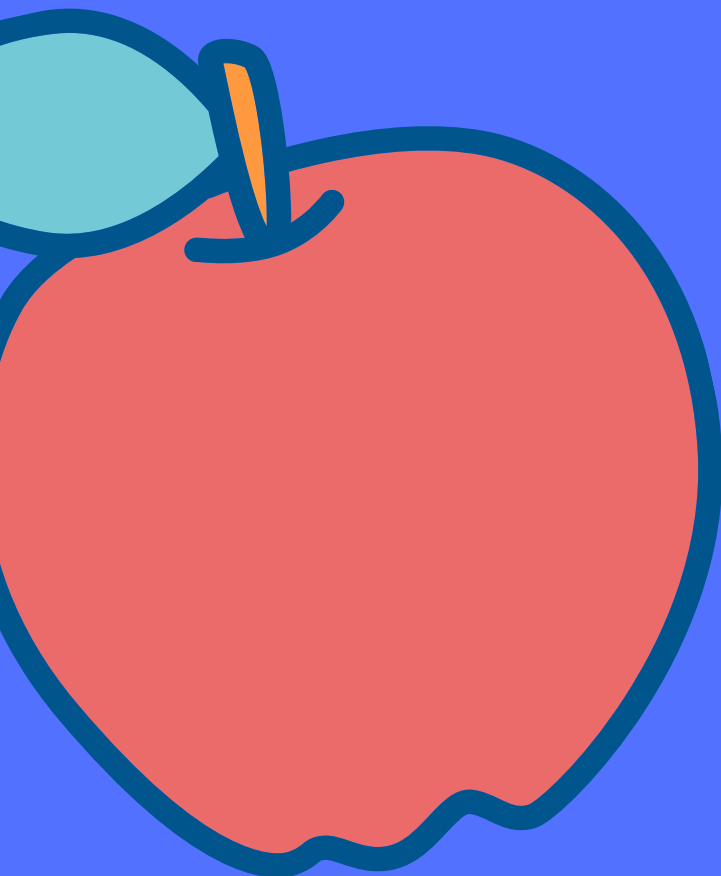
Broccoli

**CHOICE OF MILK**

Skim Milk

1% White Milk

Skim Chocolate Milk

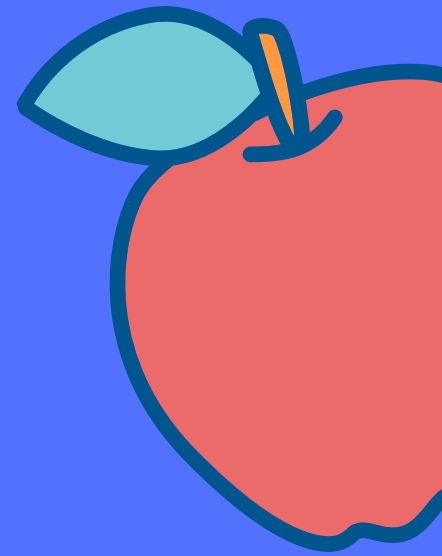


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BETA ACADEMY

**VIRTUAL GRAB N GO  
TUESDAY 1/12**

MENUS SUBJECT TO CHANGE



**LUNCH ENTREES**

Cheesy Ravioli with Marinara Sauce  
(V)

Mini Chicken Corn Dogs

**BREAKFAST ENTREES**

Blueberry Burst Muffin

Whole Grain Corn Chex with Sweet  
Crackers

**FRUITS AND  
VEGETABLES**

6 Pieces of Whole Fresh Fruit

Corn

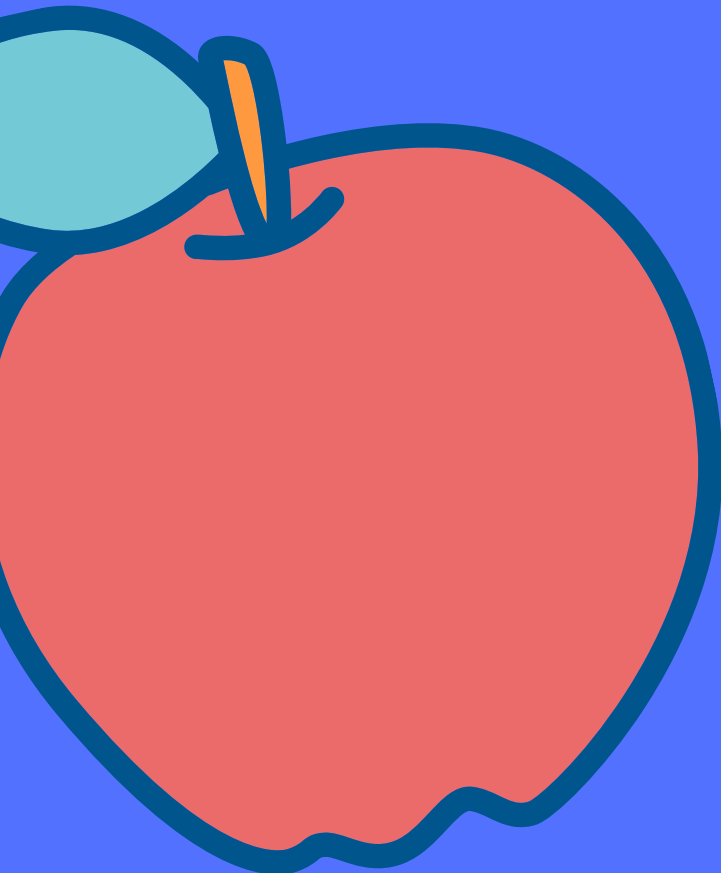
Green Beans

**CHOICE OF MILK**

Skim Milk

1% White Milk

Skim Chocolate Milk

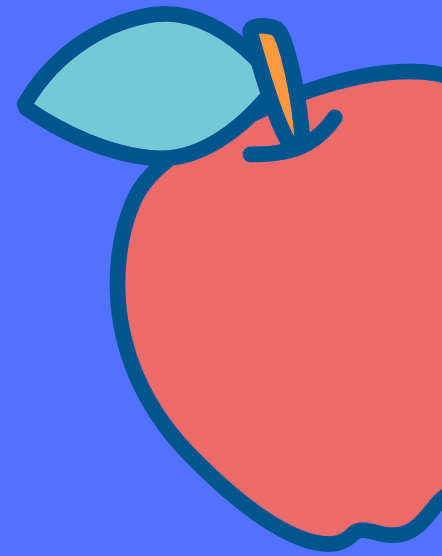


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BETA ACADEMY

**VIRTUAL GRAB N GO  
THURSDAY 1/14**

MENUS SUBJECT TO CHANGE



**LUNCH ENTREES**

Bean and Cheese Pupusa (V)

Chicken Bites with Whole Grain Waffle

**BREAKFAST ENTREES**

Multigrain Cheerios Cereal with  
Goldfish Graham

Plain Bagel with Cream Cheese

**FRUITS AND  
VEGETABLES**

6 Pieces of Whole Fresh Fruit

Baby Carrots

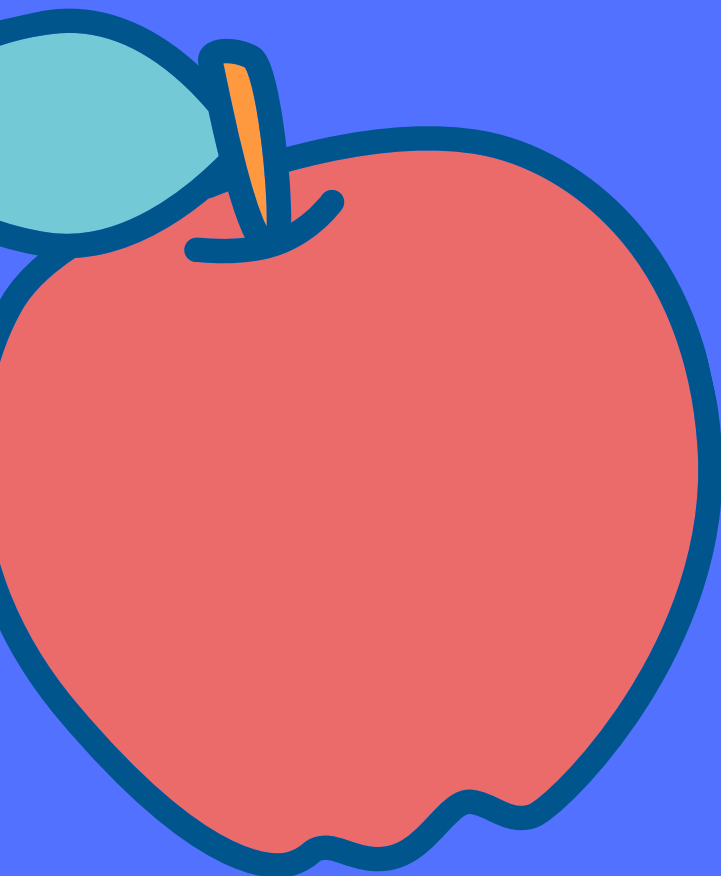
Black Beans

**CHOICE OF MILK**

Skim Milk

1% White Milk

Skim Chocolate Milk

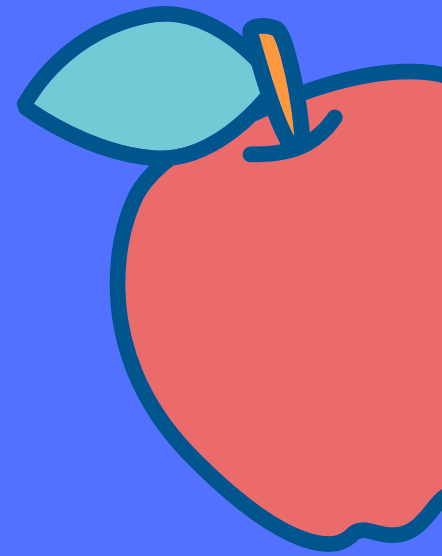


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BETA ACADEMY

**VIRTUAL GRAB N GO  
TUESDAY 1/19**

MENUS SUBJECT TO CHANGE



**LUNCH ENTREES**

Chicken Enchiladas with Rice

Pepperoni Pizza (turkey & beef)

**BREAKFAST ENTREES**

Fruit Flavored Yogurt with Granola

Lemon Muffin

**FRUITS AND  
VEGETABLES**

6 Pieces of Whole Fresh Fruit

Broccoli

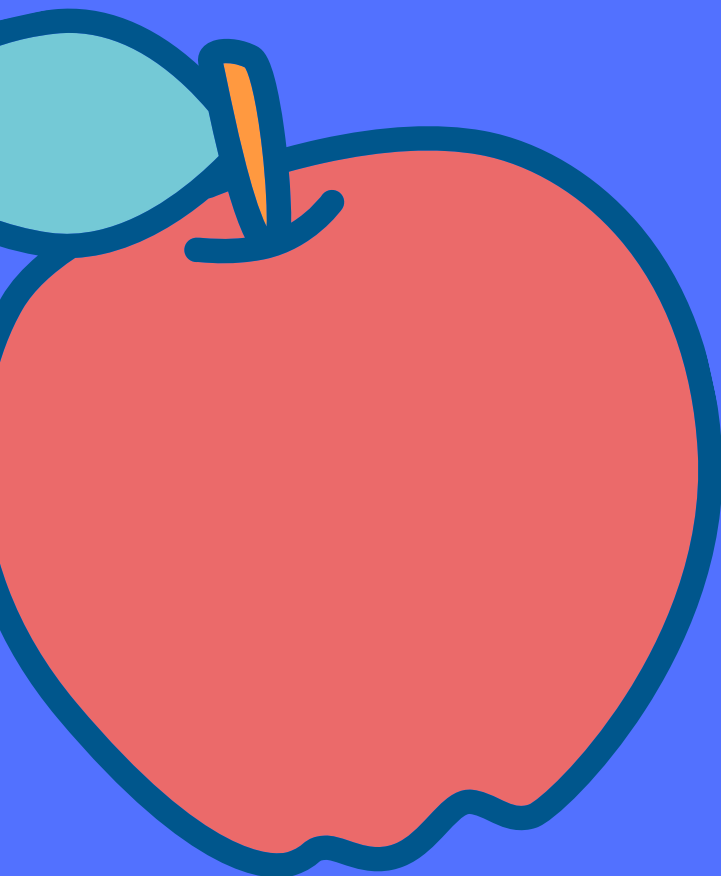
Corn

**CHOICE OF MILK**

Skim Milk

1% White Milk

Skim Chocolate Milk

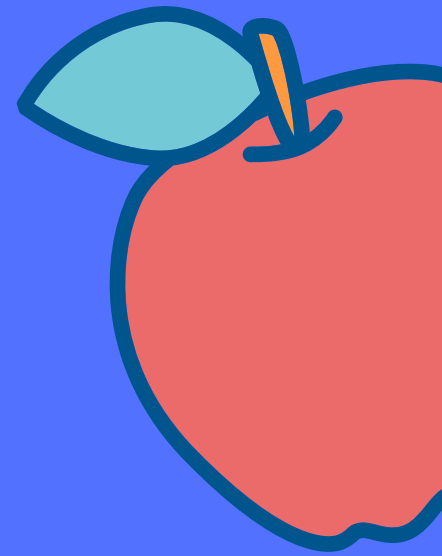


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BETA ACADEMY

**VIRTUAL GRAB N GO  
THURSDAY 1/21**

MENUS SUBJECT TO CHANGE



**LUNCH ENTREES**

All Beef Hot Dog on a Pretzel Bun

Flame-Broiled Beef Cheeseburger

**BREAKFAST ENTREES**

French Toast Muffin

Whole Grain Cinnamon Chex Cereal  
with Sweet Crackers

**FRUITS AND  
VEGETABLES**

6 Pieces of Whole Fresh Fruit

Baby Carrots

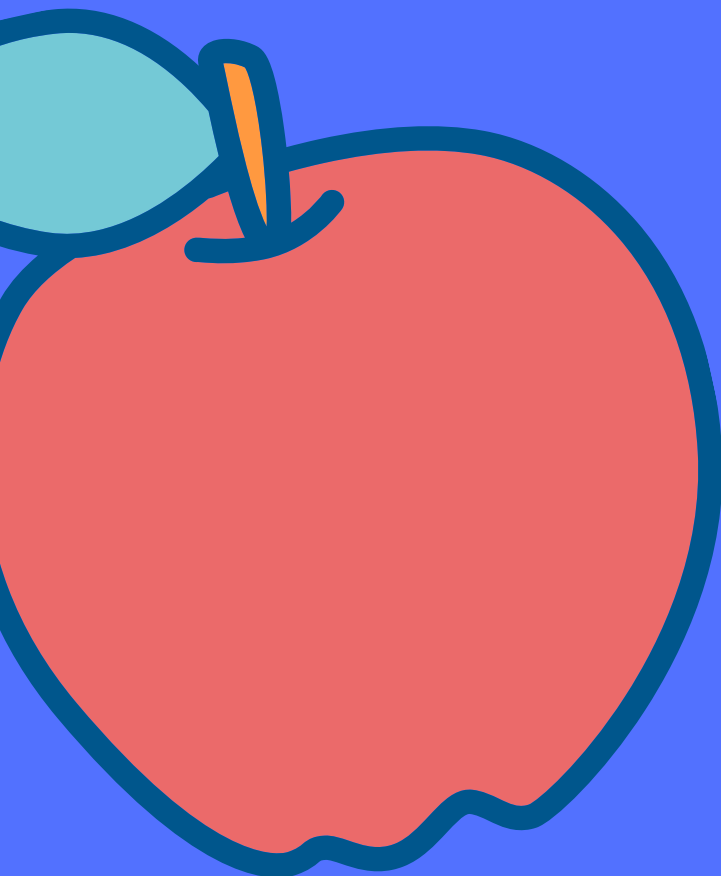
Pinto Beans

**CHOICE OF MILK**

Skim Milk

1% White Milk

Skim Chocolate Milk

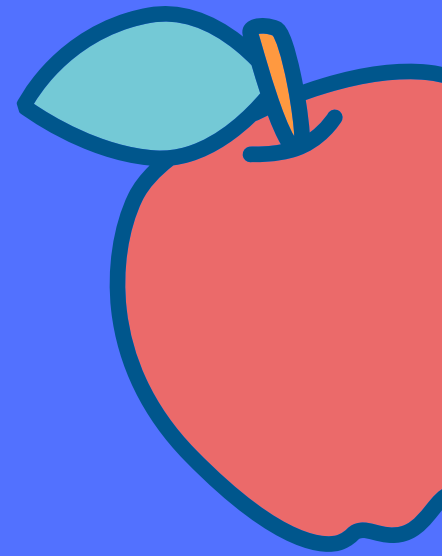


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BETA ACADEMY

**VIRTUAL GRAB N GO  
TUESDAY 1/26**

MENUS SUBJECT TO CHANGE



**LUNCH ENTREES**

Cheese Pizza (V)

Mongolian Beef with Brown Rice

**BREAKFAST ENTREES**

Fruit Flavored Yogurt with Sweet  
Crackers

Whole Grain Cinnamon Chex Cereal  
with Sweet Crackers

**FRUITS AND  
VEGETABLES**

6 Pieces of Whole Fresh Fruit

Green Peas

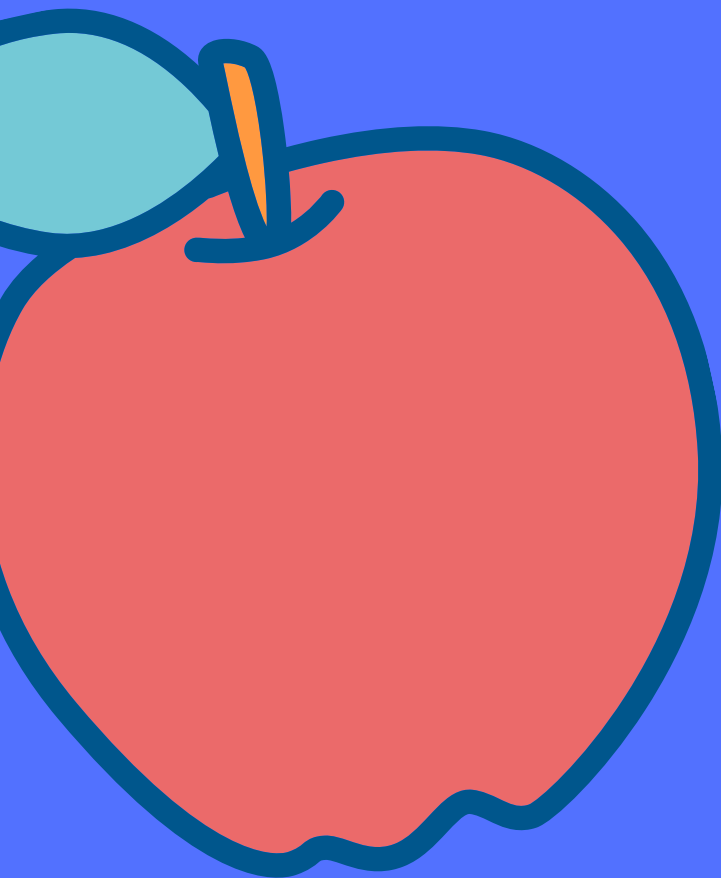
Pinto Beans

**CHOICE OF MILK**

Skim Milk

1% White Milk

Skim Chocolate Milk

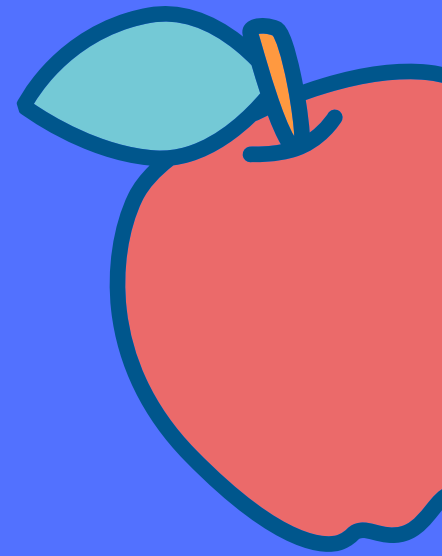


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BETA ACADEMY

**VIRTUAL GRAB N GO  
THURSDAY 1/28**

MENUS SUBJECT TO CHANGE



**LUNCH ENTREES**

BBQ Chicken with Cheesy Rice

Baked Mac and Cheese with Chicken  
Nuggets

3rd Lunch: TBD

**BREAKFAST ENTREES**

Blueberry Burst Muffin

2nd and 3rd Breakfast: TBD

**FRUITS AND  
VEGETABLES**

9 Pieces of Whole Fresh Fruit

Baby Carrots

Pinto Beans

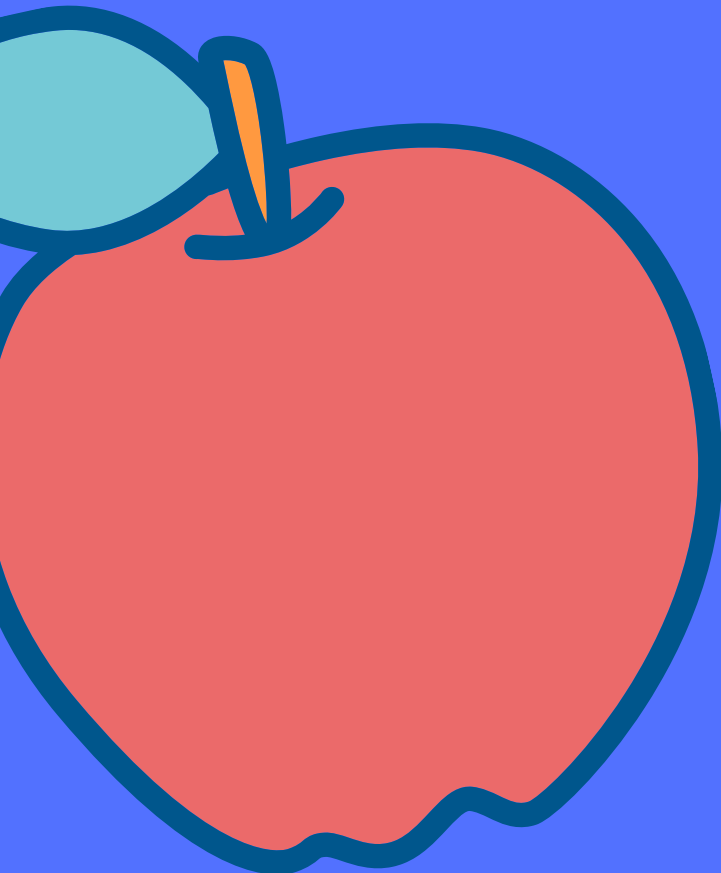
3rd Vegetable: TBD

**CHOICE OF MILK**

Skim Milk

1% White Milk

Skim Chocolate Milk



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