

From: Connie Pina - Cafeteria Manager Campbell

Re: Chef Kim & March menu changes

Hello everyone,

As part of a new healthy meal plan we will be having a Chef from Project Bread coming into the Food Service Department and teaching our staff how to prepare 4 new meals. Chef Kim will show my staff how to make each meal sample prior to the meal being served. The sample will then be made in the quantity needed for all of my schools (Campbell, Ashley, St. Francis) this new meal option will replace the meal of the day. The schedule and meal options are as follows:

Friday March 3- bean burrito

Wednesday March 8-Pollo Guisado (chicken stew)

Monday March 13- Pizza pasta-

Friday March ¹⁵~~14~~- Chicken fajita & cheese sub

(Peanut butter & jelly/ Meat sandwiches will still be offered)

Any questions or concerns please let me know!

CONNIE EXT 2223


NEW BEDFORD PUBLIC SCHOOLS

VIEW MENU ONLINE: • www.newbedfordschools.org

(click on Breakfast/Lunch Menu under Hot Topics-Most Requested)

Elementary Menu

MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW BEDFORD PUBLIC SCHOOLS Explorers 		1 Ash Wednesday* BREAKFAST: GOLDEN GRAHAM CEREAL BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK LUNCH: CHEESE QUESADILLA, PEAS, PEARS, MILK	2 BREAKFAST: CEREAL BAR, YOGURT, FRESH FRUIT, JUICE, MILK LUNCH: AMERICAN CHOP SUEY, FRESH SALAD w/STRAWBERRY DRESSING, FRESH FRUIT, MILK	3 BREAKFAST: FRUIT LOOPS CEREAL JUMP START BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK LUNCH: BEAN BURRITO
6 BREAKFAST: MULTI GRAIN CHEERIOS CEREAL BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK LUNCH: HOT DOG ON A WHOLE WHEAT BUN, CORN ON THE COB, VEGETARIAN BEANS, PEACHES, MILK	7 BREAKFAST: NUTRI GRAIN BAR, STRING CHEESE, FRESH FRUIT, JUICE, MILK LUNCH: CHIX NUGGETS, SWEET & SOUR SAUCE, W/W DINNER ROLL, MARGARINE CUP, SWEET POTATO FRIES, FRESH APPLE, MILK	8 BREAKFAST: CINNAMON TOAST CRUNCH CEREAL BAR BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK LUNCH: POLLO GUISADO (chicken stew)	9 BREAKFAST: MUFFIN TOP FRESH FRUIT, JUICE, MILK LUNCH: BBQ CHICKEN, W/W DINNER ROLL, MARGARINE CUP, MASHED POTATO, CORN, FRUIT MIX, MILK	10 BREAKFAST: APPLE JACKS CEREAL JUMP START BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK LUNCH: PIZZA SQUARE, TOSSED SALAD w/TOMATO & CUKES, LITE DRESSING, STRAWBERRY CUP, MILK
13 BREAKFAST: MULTI GRAIN FROSTED FLAKES CEREAL JUMP START BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK LUNCH: PIZZA PASTA	14 BREAKFAST: BANANA BREAD, FRESH FRUIT, JUICE, MILK LUNCH: SLOPPY JOE ON A BUN, ROMAINE SALAD MIX w/CHIC PEAS, LITE DRESSING, PEARS, OATMEAL RAISIN COOKIE, MILK	15 BREAKFAST: COCOA PUFF CEREAL BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK LUNCH: CHICKEN FAJITA & CHEESE SUB	16 BREAKFAST: SUNRISE BITES, FRESH FRUIT, JUICE, MILK LUNCH: TACO SALAD, R/F TORTILLA CHIPS, SHREDDED LETTUCE, TOMATO, LITE SHREDDED CHEESE, APPLESAUCE, MILK	17 St. Patrick's Day BREAKFAST: CINNAMON TOAST CRUNCH CEREAL BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK LUNCH: GRILLED CHEESE SANDWICH, TOMATO SOUP, SEA SALT CARAMEL POPCORN, BANANA, SHAM-ROCK COOKIE, MILK
20 BREAKFAST: FROSTED MINI WHEAT CEREAL BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK LUNCH: SPAGHETTI w/MEATSAUCE, DINNER ROLL, MARGARINE CUP, CELERY STICKS w/HUMMUS, FRESH APPLE, MILK	21 BREAKFAST: CRUNCH-MANIA FRENCH TOAST, FRESH FRUIT, JUICE, MILK LUNCH: CHICKEN PATTY ON A WHOLE WHEAT BUN, COLESLAW, RAISINS, MILK	22 BREAKFAST: LUCKY CHARMS CEREAL BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK LUNCH: MEATBALL SUB, 4 BEAN SALAD, FRESH PEAR, MILK	23 BREAKFAST: CHOCOLATE CHIP MUFFIN, STRING CHEESE, FRESH FRUIT, JUICE, MILK LUNCH: SHEPARD'S PIE w/CORN, BROWN GRAVY, W/W DINNER ROLL, MARGARINE CUP, PEACHES, MILK	24 BREAKFAST: STRAWBERRY OATMEAL BAR BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK LUNCH: PIZZA WEDGE, TOSSED SALAD w/TOMATO & CUKES, LITE DRESSING, TROPICAL FRUIT, MILK
27 BREAKFAST: TRIX CEREAL BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK LUNCH: KALE SOUP, DINNER ROLL, MARGARINE CUP, FRESH FRUIT, MILK	28 BREAKFAST: ZUCCHINI BREAD, FRESH FRUIT, JUICE, MILK LUNCH: CHEESEBURGER ON A WHOLE WHEAT BUN, OVEN FRIES, CARROTS, CINNAMON APPLE SLICES, MILK	29 BREAKFAST: GOLDEN GRAHAM CEREAL BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK LUNCH: CHIX TERIYAKI DIPPERS, DINNER ROLL, MARGARINE CUP, MASHED POTATO, PEAS, PEARS, MILK	30 BREAKFAST: CEREAL BAR, YOGURT, FRESH FRUIT, JUICE, MILK LUNCH: AMERICAN CHOP SUEY, FRESH SALAD w/STRAWBERRY DRESSING, FRESH FRUIT, MILK	31 BREAKFAST: FRUIT LOOPS CEREAL JUMP START BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK LUNCH: MAXX STICKS, DIPPING SAUCE, GREEN BEANS, SORBET FRUIT CUP, MILK

ALLERGIES: Before placing your order, please inform your server if there is a food allergy.

USDA Non-discrimination Statement: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: http://www.asc.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights - 1400 Independence Avenue, SW - Washington, DC 20250-9410; fax: (202) 690-7442; or e-mail: program.intake@usda.gov.

This institution is an equal opportunity provider.