





# NEW BEDFORD PUBLIC SCHOOLS

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



# K-8 Breakfast / Lunch Menu

## NOVEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>BREAKFAST:</b> ZUCCHINI BREAD, FRESH FRUIT, JUICE, MILK <b>LUNCH:</b> CHEESEBURGER ON A WHOLE WHEAT BUN, OVEN FRIES, CARROTS, CINNAMON APPLE SLICES, MILK	<b>2</b> <b>BREAKFAST:</b> FRUIT CHURROS, FRESH FRUIT, JUICE, MILK <b>LUNCH:</b> CHIX TERIYAKI DIPPERS, DINNER ROLL, MARGARINE CUP, MASHED POTATO, PEAS, PEARS, MILK	<b>3</b> <b>BREAKFAST:</b> FRUIT LOOS JUMP START BREAKFAST KIT w/FRUIT JUICE, FRESH FRUIT, MILK <b>LUNCH:</b> AMERICAN CHOP SUEY, FRESH SALAD w/STRAWBERRY DRESSING, FRESH FRUIT, MILK	<b>4</b> <b>BREAKFAST:</b> BLUEBERRY SNACK LOAF, YOGURT, FRESH FRUIT, JUICE, MILK <b>LUNCH:</b> MAXX STICKS, DIPPING SAUCE, GREEN BEANS, SORBET FRUIT CUP, MILK
<b>7</b> <b>BREAKFAST:</b> SUNRISE BITES, FRESH FRUIT, JUICE, MILK <b>LUNCH:</b> HOT DOG ON A WHOLE WHEAT BUN, CORN ON THE COB, VEG-ETARIAN BEANS, PEACHES, MILK	<b>8</b> <b>BREAKFAST:</b> ULTIMATE BREAKFAST ROUNDS, FRESH FRUIT, JUICE, MILK <b>LUNCH:</b> CHIX NUGGETS, SWEET & SOUR SAUCE, WHOLE WHEAT DINNER ROLL, MARGARINE CUP, SWEET POTATO FRIES, FRESH APPLE, MILK	<b>9</b> <b>BREAKFAST:</b> MUFFIN TOP, FRESH FRUIT, JUICE, MILK <b>LUNCH:</b> FRENCH TOAST STICKS, SAUSAGE PAT-TIES, SNACK PACK CAR-ROTS, ORANGE WEDGES, MILK	<b>10</b> <b>BREAKFAST:</b> CINN TOAST CRUNCH CEREAL BREAKFAST KIT w/APPLE JUICE, FRESH FRUIT, MILK <b>LUNCH:</b> PIZZA SQUARE, TOSSED SALAD w/TO-MATO & CUKES, LITE DRESSING, STRAWBERRY CUP, MILK	<b>11</b> NO SCHOOL 
<b>14</b> <b>BREAKFAST:</b> HONEY WHEAT BREAKFAST BAR, FRESH FRUIT, JUICE, MILK <b>LUNCH:</b> MOZZERELLA STICKS w/MARINARA SAUCE, ONION RINGS, BROCCOLI, FRESH FRUIT, MILK	<b>15</b> <b>BREAKFAST:</b> STRAW-BERRY DELIGHTS, STRING CHEESE, FRESH FRUIT, JUICE, MILK <b>LUNCH:</b> SLOPPY JOE ON A BUN, ROMAINE SALAD MIX w/CHIC PEAS, LITE DRESSING, PEARS, OATMEAL RAISIN COO-KIE, MILK	<b>16</b> <b>BREAKFAST:</b> APPLE CINN SNACK WAFFLE, FRESH FRUIT, JUICE, MILK <b>LUNCH:</b> CREAMED TUR-KEY, WHOLE WHEAT DIN-NER ROLL, MARGARINE CUP, MASHED POTATO, CORN, FROZEN FRUIT JUICE CUP, MILK	<b>17</b> <b>BREAKFAST:</b> APPLE JACK JUMP START BREAK-FAST KIT w/FRUIT JUICE, FRESH FRUIT, MILK <b>LUNCH:</b> TACO SALAD, R/ F FRITOS, SHREDDED LET-TUCE, TOMATO, LITE SHREDDED CHEESE, APPLESAUCE, MILK	<b>18</b> <b>BREAKFAST:</b> BANANA BREAD, FRESH FRUIT, JUICE, MILK <b>LUNCH:</b> GRILLED CHEESE SANDWICH, TOMATO SOUP, POPCORN, BA-NANA, MILK
<b>21</b> <b>BREAKFAST:</b> BAGEL w/ CREAM CHEESE, FRESH FRUIT, JUICE, MILK <b>LUNCH:</b> SPAGHETTI w/ MEATSAUCE, DINNER ROLL, MARGARINE CUP, CELERY STICKS w/ HUMMUS, FRESH APPLE, MILK	<b>22</b> <b>BREAKFAST:</b> CINNAMON TOAST CRUNCH CEREAL BAR, YOGURT, FRESH FRUIT, JUICE, MILK <b>LUNCH:</b> ROASTED TUR-KEY w/GRAVY, STUFFING MASHED POTATO, CORN, CRAN SAUCE, DINNER ROLL, MARGARINE CUP, COOKIE, MILK	<b>23</b> <b>BREAKFAST:</b> CHOCO-LATE CHIP MUFFIN, STRING CHEESE, FRESH FRUIT, JUICE, MILK <p style="text-align: center;">½ DAY NO LUNCH</p>	<b>24</b> NO SCHOOL 	<b>25</b> <p style="text-align: center;">NO SCHOOL</p>
<b>28</b> <b>BREAKFAST:</b> CHEERIOS CEREAL BAR, FRESH FRUIT, JUICE, MILK <b>LUNCH:</b> KALE SOUP, DIN-NER ROLL, MARGARINE CUP, STRING CHEESE, FRESH FRUIT, MILK	<b>29</b> <b>BREAKFAST:</b> ZUCCHINI BREAD, FRESH FRUIT, JUICE, MILK <b>LUNCH:</b> CHEESEBURGER ON A WHOLE WHEAT BUN, OVEN FRIES, CAR-ROTS, CINNAMON APPLE SLICES, MILK	<b>30</b> <b>BREAKFAST:</b> FRUIT CHURROS, FRESH FRUIT, JUICE, MILK <b>LUNCH:</b> CHIX TERIYAKI DIPPERS, DINNER ROLL, MARGARINE CUP, MASHED POTATO, PEAS, PEARS, MILK	<b>NEW BEDFORD PUBLIC SCHOOLS</b> <b>Explorers</b> 	

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

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