




NEW BEDFORD PUBLIC SCHOOLS

VIEW MENU ONLINE: • www.newbedfordschools.org
(click on Breakfast/Lunch Menu under Hot Topics-Most Requested)



K-8 Breakfast / Lunch Menu

OCTOBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>BREAKFAST: CHEERIOS CEREAL BAR, STRING CHEESE, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: KALE SOUP, DINNER ROLL, MARGARINE CUP, FRESH FRUIT, MILK</p>	<p>4</p> <p>BREAKFAST: ZUCCHINI BREAD, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: CHEESEBURGER ON A WHOLE WHEAT BUN, OVEN FRIES, CARROTS, CINNAMON APPLE SLICES, MILK</p>	<p>5</p> <p>BREAKFAST: 2 FRUIT CHURROS, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: CHIX TERIYAKI DIPPERS, MASHED POTATO, PEAS, DINNER ROLL, MARGARINE CUP, PEARS, MILK</p>	<p>6</p> <p>BREAKFAST: FRUIT LOOS JUMP START BREAKFAST KIT w/FRUIT JUICE, FRESH FRUIT, MILK</p> <p>LUNCH: AMERICAN CHOP SUEY, FRESH SALAD w/STRAWBERRY DRESSING, FRESH FRUIT, MILK</p>	<p>7</p> <p>BREAKFAST: BLUEBERRY SNACK LOAF, YOGURT, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: MAXX STICKS, DIPPING SAUCE, GREEN BEANS, FRESH FRUIT, MILK</p>
<p>10</p> 	<p>11</p> <p>BREAKFAST: ULTIMATE BREAKFAST ROUNDS, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: CHIX NUGGETS, SWEET & SOUR SAUCE, WHOLE WHEAT DINNER ROLL, MARGARINE CUP, SWEET POTATO FRIES, FRESH APPLE, MILK</p>	<p>12</p> <p>BREAKFAST: MUFFIN TOP, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: FRENCH TOAST STICKS, SAUSAGE PATTIES, SNACK PACK CARROTS, ORANGE WEDGES, MILK</p>	<p>13</p> <p>BREAKFAST: CINNAMON TOAST CRUNCH CEREAL BREAKFAST KIT w/APPLE JUICE, FRESH FRUIT, MILK</p> <p>LUNCH: PIZZA SQUARE, TOSSED SALAD w/TOMATO & CUKES, LITE DRESSING, STRAWBERRY CUP, MILK</p>	<p>14</p> <p>BREAKFAST: STRAWBERRY NUTRI GRAIN BAR, STRING CHEESE, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: BBQ CHICKEN, WHOLE WHEAT DINNER ROLL, MARGARINE CUP, MASHED POTATO, CORN, FRUIT MIX, MILK</p>
<p>17</p> <p>BREAKFAST: HONEY WHEAT BREAKFAST BAR, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: MOZZERELLA STICKS w/MARINARA SAUCE, ONION RINGS, BROCCOLI, FRESH FRUIT, MILK</p>	<p>18</p> <p>BREAKFAST: STRAWBERRY DELIGHTS, STRING CHEESE, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: SLOPPY JOE ON A BUN, ROMAINE SALAD MIX w/CHIC PEAS, LITE DRESSING, PEARS, OATMEAL RAISIN COOKIE, MILK</p>	<p>19</p> <p>BREAKFAST: APPLE CINN SNACK WAFFLE, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: CREAMED TURKEY, WHOLE WHEAT DINNER ROLL, MARGARINE CUP, MASHED POTATO, CORN, FROZEN FRUIT JUICE CUP, MILK</p>	<p>20</p> <p>BREAKFAST: APPLE JACK JUMP START BREAKFAST KIT w/FRUIT JUICE, FRESH FRUIT, MILK</p> <p>LUNCH: TACO SALAD, R/F FRITOS, SHREDDED LETTUCE, TOMATO, SHREDDED CHEESE, APPLE SAUCE, MILK</p>	<p>21</p> <p>BREAKFAST: BANANA BREAD, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: GRILLED CHEESE SANDWICH, TOMATO SOUP, BANANA, SEA SALT CARAMEL POPCORN, MILK</p>
<p>24</p> <p>BREAKFAST: BAGEL w/ CREAM CHEESE, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: SPAGHETTI w/ MEATSAUCE, DINNER ROLL, MARGARINE CUP, CELERY STICKS w/ HUMMUS, FRESH APPLE, MILK</p>	<p>25</p> <p>BREAKFAST: CINNAMON TOAST CRUNCH CEREAL BAR, YOGURT, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: CHICKEN PATTY ON A WHOLE WHEAT BUN, COLESLAW, RAISINS, MILK</p>	<p>26</p> <p>BREAKFAST: CHOCOLATE CHIP MUFFIN, STRING CHEESE, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: PIZZA WEDGE, TOSSED SALAD w/TOMATO & CUKES, LITE DRESSING, TROPICAL FRUTI, MILK</p>	<p>27</p> <p style="text-align: center;">NO SCHOOL</p> <p style="text-align: center;">PROFESSIONAL DEVELOPMENT DAY</p>	<p>28</p> <p>BREAKFAST: CRUNCHMANIA, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: MEATBALL SUB, 4 BEAN SALAD, FRESH PEAR, MILK</p>
<p>31</p> <p>BREAKFAST: CHEERIOS CEREAL BAR, STRING CHEESE, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: KALE SOUP, DINNER ROLL, MARGARINE CUP, FRESH FRUIT, HALLOWEEN SORBET CUP, MILK</p>				

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



Daily lunch alternate - meat sandwich or peanut butter and jelly sandwich.