

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 2015

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 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>2 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>5 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>6 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, OAT-MEAL RAISIN COOKIE, MILK</p>	<p>7 BREAKFAST: APPLE ROLL, 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>8 BREAKFAST: TRIX CEREAL BREAKFAST KIT w/FRUIT JUICE, FRESH FRUIT, MILK</p> <p>LUNCH: TACO SALAD, R/F FRITOS, SHREDDED LETTUCE, TOMATO, LITE SHREDDED CHEESE, AP-PLESAUCE, MILK</p>	<p>9 BREAKFAST: BANANA BREAD, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: TOMATO SOUP, GRILLED CHEESE SANDWICH, BANANA, MILK</p>
<p>12 </p>	<p>13 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>14 BREAKFAST: CHOCOLATE CHIP MUFFIN, STRING CHEESE, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: PIZZA WEDGE, TOSSED SALAD w/TOMATO & CUKES, LITE DRESSING, TROPICAL FRUIT, MILK</p>	<p>15 BREAKFAST: GOLDEN GRAHAM CEREAL BREAKFAST KIT w/APPLE JUICE, FRESH FRUIT, MILK</p> <p>LUNCH: SHEPARD'S PIE w/ CORN, BROWN GRAVY, WHOLE WHEAT DINNER ROLL, MARGARINE CUP, PEACHES, MILK</p>	<p>16 BREAKFAST: CRUNCHMANIA, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: MEATBALL SUB, 4 BEAN SALAD, FRESH PEAR, MILK</p>
<p>19 BREAKFAST: CERRIOS CEREAL BAR, STRING CHEESE, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: KALE SOUP, DINNER ROLL, MARGARINE CUP, FRESH FRUIT, MILK</p>	<p>20 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>21 BREAKFAST: FRUIT CHURROS, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: CHIX TERRYAKI DIPPERS, MASHED POTATO, PEAS, DINNER ROLL, MARGARINE CUP, PEARS, MILK</p>	<p>22 BREAKFAST: MULTI GRAIN CERRIOS CEREAL BREAKFAST KIT w/FRUIT JUICE, FRESH FRUIT, MILK</p> <p>LUNCH: AMERICAN CHOP SUEY, FRESH SALAD w/ STRAWBERRY DRESSING, FRESH FRUIT, MILK</p>	<p>23 BREAKFAST: BLUEBERRY SNACK LOAF, YOGURT, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: MAXX STICKS, DIPPING SAUCE, GREEN BEANS, SORBET FRUIT CUP, MILK</p>
<p>26 BREAKFAST: SUNRISE BITES, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: HOT DOG ON A WHOLE WHEAT BUN, CORN ON THE COB, VEG-ETARIAN BEANS, PEACHES, MILK</p>	<p>27 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>28 BREAKFAST: MUFFIN TOP, FRESH FRUIT, JUICE, MILK</p> <p>LUNCH: FRENCH TOAST STICKS, SAUSAGE PAT-TIES, SNACK PACK CAR-ROTS, ORANGE WEDGES, MILK</p>	<p>29 NO SCHOOL</p> <p>PROFESSIONAL DEVELOPMENT DAY</p>	<p>30 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>

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



Daily breakfast alternate - cereal.

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

