

NEW BEDFORD PUBLIC SCHOOLS

VIEW MENU ONLINE: • www.newbedfordschools.org
(click on Parents & Community to access Menus)



K-8 Breakfast / Lunch Menu

JANUARY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 BREAKFAST: STRAWBERRY DELIGHTS, STRING CHEESE, FRESH FRUIT, JUICE, MILK LUNCH: MOZZERELLA STICKS w/MARINARA SAUCE, ONION RINGS, VEGETABLES, CAN FRUIT, MILK</p>	<p>5 BREAKFAST: HONEY WHEAT BREAKFAST BAR, JUICE, MILK LUNCH: TOMATO SOUP, GILLED CHEESE SANDWICH, BANANA, MILK</p>	<p>6 BREAKFAST: APPLE ROLL, FRESH FRUIT, JUICE, MILK LUNCH: CREAMED TURKEY, WHOLE WHEAT DINNER ROLL, MARGARINE CUP, MASHED POTATO, CORN, FROZEN FRUIT JUICE CUP, MILK</p>	<p>7 BREAKFAST: TRIX CEREAL BREAKFAST KIT w/ FRUIT JUICE, FRESH FRUIT, MILK LUNCH: TACO SALAD, R/F FRITOS, SHREDDED LETTUCE, TOMATO, LITE SHREDDED CHEESE, APPLESAUCE, MILK</p>	<p>8 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</p>
<p>11 BREAKFAST: BAGEL w/ CREAM CHEESE, FRESH FRUIT, JUICE, MILK LUNCH: SPAGHETTI w/ MEATSAUCE, DINNER ROLL, MARGARINE CUP, CELERY STICKS w/ HUMMUS, FRESH APPLE, MILK</p>	<p>12 BREAKFAST: CINNAMON TOAST CRUNCH CEREAL BAR, YOGURT, FRESH FRUIT, JUICE, MILK LUNCH: CHICKEN PATTY ON A WHOLE WHEAT BUN, COLESLAW, RAISINS, MILK</p>	<p>13 BREAKFAST: CHOCOLATE CHIP MUFFIN, STRING CHEESE, FRESH FRUIT, JUICE, MILK LUNCH: PIZZA WEDGE, TOSSED SALAD w/TOMATO & CUKES, LITE DRESSING, TROPICAL FRUIT, MILK</p>	<p>14 BREAKFAST: GOLDEN GRAHAM CEREAL BREAKFAST KIT w/APPLE JUICE, FRESH FRUIT, MILK LUNCH: SHEPARD'S PIE w/ CORN, BROWN GRAVY, WHOLE WHEAT DINNER ROLL, MARGARINE CUP, PEACHES, MILK</p>	<p>15 BREAKFAST: CRUNCHMANIA, FRESH FRUIT, JUICE, MILK LUNCH: MEATBALL SUB, 4 BEAN SALAD, FRESH PEAR, MILK</p>
<p>18 MARTIN LUTHER KING, JR. DAY</p>	<p>19 BREAKFAST: ZUCCHINI BREAD, FRESH FRUIT, JUICE, MILK LUNCH: CHEESEBURGER ON A WHOLE WHEAT BUN, OVEN FRIES, CARROTS, CINNAMON APPLE SLICES, MILK</p>	<p>20 BREAKFAST: FRUIT CHURROS, FRESH FRUIT, JUICE, MILK LUNCH: CHIX TERIYAKI DIPPERS, DINNER ROLL, MARGARINE CUP, MASHED POTATO, PEAS, PEARS, MILK</p>	<p>21 BREAKFAST: MULTI GRAIN CHEERIOS CEREAL BREAKFAST KIT w/FRUIT JUICE, FRESH FRUIT, MILK LUNCH: AMERICAN CHOP SUEY, FRESH SALAD w/ STRAWBERRY DRESSING, FRESH FRUIT, MILK</p>	<p>22 BREAKFAST: BLUEBERRY SNACK LOAF, YOGURT, FRESH FRUIT, JUICE, MILK LUNCH: MAXX STICKS, DIPPING SAUCE, GREEN BEANS, SORBET FRUIT CUP, MILK</p>
<p>25 PROFESSIONAL DEVELOPMENT DAY NO SCHOOL</p>	<p>26 BREAKFAST: ULTIMATE BREAKFAST ROUNDS, FRESH FRUIT, JUICE, MILK LUNCH: CHIX NUGGETS, SWEET & SOUR SAUCE, WHOLE WHEAT DINNER ROLL, MARGARINE CUP, SWEET POTATO FRIES, FRESH APPLE, MILK</p>	<p>27 BREAKFAST: MUFFIN TOP, FRESH FRUIT, JUICE, MILK LUNCH: FRENCH TOAST STICKS, SAUSAGE PATTY, SNACK PACK CARROTS, ORANGE WEDGES, MILK</p>	<p>28 BREAKFAST: CINN TOAST CRUNCH CEREAL BREAKFAST KIT w/APPLE JUICE, FRESH FRUIT, MILK LUNCH: PIZZA SQUARE, TOSSED SALAD w/TOMATO & CUKES, LITE DRESSING, STRAWBERRY CUP, MILK</p>	<p>29 BREAKFAST: STRAWBERRY NUTRI GRAIN BAR, STRING CHEESE, FRESH FRUIT, JUICE, MILK 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.

