

# **BEDFORD HIGH SCHOOL**

## **September 2015**

**A BREAKFAST MEAL IS SERVED DAILY AT BREAK**

**Additional daily offerings: Buffalo Chicken Sandwich, Hamburger and Cheeseburger served at Entrée lines**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<b><u>1</u></b> <b>Deli Lunch \$3.00</b> <b>Salad Bar Lunch \$3.00</b> <b>Main Lunch \$2.75</b> <b>Super Lunch \$4.00</b> <i>(includes an extra serving of the main item)</i>	<b><u>1</u></b> <b>Chicken Caesar Salad w /Romaine Lettuce</b> <u>Sides:</u> WG Roll Peaches	<b><u>2</u></b> <b>Hamburger or Cheeseburger on WG Roll</b> <u>Sides:</u> Corn and Black Bean Salad Steamed Green Beans Applesauce	<b><u>3</u></b> <b>Meatball Sub with Tomato Sauce and WG Roll</b> <u>Sides:</u> Pasta Salad with fresh veggies Pears	<b><u>4</u></b> <b><u>A lunch</u></b> consists of at least three different menu items, <b><u>one item must be a veg or fruit.</u></b> Offered items include a <b>Main item (in bold)</b> , vegetable, fruit, milk and bread (grain)	
<b><u>7</u></b> <b>Labor Day</b>  September is National Hispanic Heritage Month and National Courtesy Month (thank you!)	<b><u>8</u></b> <b>Pasta with Italian Meatballs</b> <u>Sides:</u> Tossed Salad w/ Romaine & Tomato WG Roll Apple Crisp	<b><u>9</u></b> <b>WG Belgium Waffle Sticks</b> <u>Sides:</u> Potato Puffs Maple Syrup Sausage Strawberry Cup	<b><u>10</u></b> <b>Chicken or Cheese Quesadilla on WG Tortilla</b> <u>Sides:</u> Mexicali Corn Cheesy Refried Beans Salsa and Sour Cream Pears	<b><u>11</u></b> <b>Foot Long Hot Dog on a Roll</b> <u>Sides:</u> Oven Baked Fries Chopped Onions and relish Apple Slices	
<b><u>14</u></b> <b>Crispy Chicken Patty WG Roll</b> <u>Sides:</u> Steamed Broccoli Brown Rice Fruit Cocktail	<b><u>15</u></b> <b>WG Pasta with Chicken and Broccoli</b> <u>Sides:</u> Tossed Salad w/ Romaine & Tomato Strawberry Cup	<b><u>16</u></b> <b>Mozzarella Sticks (v) with Warm Tomato Sauce</b> <u>Sides:</u> Tossed Salad w/ Romaine & Tomato WG Roll Fruit Cocktail	<b><u>17</u></b> <b>Pu Pu Platter (egg roll and teriyaki chix)</b> <u>Sides:</u> Steamed Rice Vegetable Stir Fry: Carrots, Onions and Broccoli Apple Slices	<b><u>18</u></b> <b>Two Lean Beef Tacos on Soft WG Tortilla</b> <u>Side</u> Romaine Lettuce and Tomatoes Spicy Black Beans Cheddar Cheese Peaches	
<b><u>21</u></b> <b>Buffalo Chicken on WG Roll</b> <u>Sides:</u> Carrot Sticks with or w/o Ranch Dip Baked Potato Wedges Pears	<b><u>22</u></b> <b>Chicken Parmesan</b> <u>Sides:</u> Whole Grain Pasta with or w/o Sauce Tossed Salad w/ Romaine & Tomato Apple Crisp	<b><u>23</u></b> <b><u>Breakfast for Lunch</u></b> <b>WG Fresh Toast Sticks with or w/o Maple Syrup</b> <u>Sides:</u> Roasted Sweet Potato Sausage Pears	<b><u>24</u></b> <b>Nachos with Beef Chili</b> <u>Sides:</u> Shredded Cheddar Cheese Salsa Spanish Rice w/beans Strawberry Cup	<b><u>25</u></b> <b>Popcorn Chicken Bowl</b> <u>Sides:</u> Mashed Potato with or w/o Gravy Corn Peach Cup	
<b><u>28</u></b> <b>Chicken Taco with Soft Tortilla</b> <u>Sides:</u> Steamed Rice Lettuce, Tomato and Cheddar Cheese Salsa Applesauce	<b><u>29</u></b> <b>Hamburger or Cheeseburger on WG Roll</b> <u>Sides:</u> Potato Puffs Pears	<b><u>30</u></b> <b>Chicken Fajitas on Soft Tortilla</b> <u>Sides:</u> Sautéed Onions and Peppers Banana Peppers Black Beans Fresh Local Apple	Comments & Questions Please call Ken @ 781-275-9129 ken_whittier@bedford.k12.ma.us  Massachusetts Farm to School program is here! Harvest of the month are tomatoes! <b>Check out our daily deli special!</b>	An 8oz 1%, skim or non fat chocolate milk is included with all lunches <b>Offered Daily:</b> Buccaneer Deli (made fresh to order) Fresh Salad Bar Homemade Pizza Slice (Tues-Fri) Main Lunch Line	

**Lunch price: Full \$2.75 / Reduced price: \$.40 Super lunch \$4.00**

**USDA is an equal opportunity employer**