

# Bedford Public Schools

## Davis Elementary School Lunch Menu

### September 2015

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <p><u>A lunch should consist of at least three different menu items, one item must be a veg or fruit. Items offered are a <b>Main item</b> (in bold), vegetable, fruit, milk and bread (grain)</u></p>  | <p><b>1 First Day of School! Chicken Patty Sandwich on a Roll</b><br/> <b>Sides:</b><br/>           Baked Potato Wedges<br/>           Buttery Carrot Coins<br/>           Apples with Cinnamon</p> | <p><b>2 All Beef Hot Dog on a Roll</b><br/> <b>Sides:</b><br/>           Tiny Pretzels<br/>           Baby Carrot Sticks<br/>           Fresh Local Pears</p>   | <p><b>3 Buttermilk Pancakes with or w/o Maple Syrup</b><br/> <b>Sides:</b><br/>           Golden Potato Puffs<br/>           Sausage<br/>           Blueberries</p> | <p><b>4 No School</b><br/>           Massachusetts Farm to School program is here! Harvest of the month are tomatoes!<br/><br/>           Allergy Meeting Sept 17<br/>           Davis School Café at 9:15AM</p>   |
| <p><b>7 Labor Day</b><br/>           Please keep a positive balance in your student's account. You can set-up an account at mySchoolBucks.com or pay by check. Send check to Bedford School Lunch Program 97 McMahon Rd Bedford, MA 01730</p> | <p><b>8 Hamburger or Cheeseburger on WG Roll</b><br/> <b>Sides:</b><br/>           Oven Baked French Fries<br/>           Pears</p>   | <p><b>9 Chicken Taco on WG Taco Shell</b><br/> <b>Sides:</b><br/>           Spanish Rice w/Red Beans<br/>           Romaine Lettuce, Tomato &amp; Cheese<br/>           Mixed Fruit Cup</p>                         | <p><b>10 French Bread Cheese(v) or Pepperoni Pizza</b><br/> <b>Sides:</b><br/>           Tossed Salad w/ Romaine &amp; Tomato<br/>           Fresh Local Apple</p>  | <p><b>11 Pasta with Italian Meatballs</b><br/> <b>Sides:</b><br/>           Garlic Bread<br/>           Steamed Green Beans<br/>           Apple Crisp</p>   |
| <p><b>14 Oven Baked Chicken Nuggets</b><br/> <b>Sides:</b><br/>           Dinner Roll<br/>           Steamed Carrots<br/>           Mixed Fruit Cup</p>   | <p><b>15 Meatball Sub</b><br/> <b>Sides:</b><br/>           Light Caesar Salad<br/>           Pears</p>   | <p><b>16 Popcorn Chicken Bowl</b><br/> <b>Sides:</b><br/>           Mashed Potatoes<br/>           Golden Corn<br/>           Peach Cup</p>   | <p><b>17 Cheese(v) or Pepperoni Pizza</b><br/> <b>Sides:</b><br/>           Tossed Salad w/ Romaine &amp; Tomato<br/>           Pears</p>                           | <p><b>18 Grilled Cheese Sandwich on WW Bread</b><br/> <b>Sides:</b><br/>           Veggie Sticks<br/>           With or w/o Ranch dressing<br/>           Hummus Cup<br/>           Applesauce Cups</p>  |
| <p><b>21 Meatless Monday! Mozzarella Sticks(v) w/ Warm Tomato Sauce</b><br/> <b>Sides:</b><br/>           Steamed Broccoli<br/>           Brown Rice Pilaf<br/>           Peach Cup</p>   | <p><b>22 WG French Toast Sticks with Maple Syrup</b><br/> <b>Sides:</b><br/>           Potato Puffs<br/>           Scrambled Eggs<br/>           Apple Slices</p>                                   | <p><b>23 Beef Tacos with Corn Shell</b><br/> <b>Sides:</b><br/>           Lettuce and Tomato<br/>           Refried Beans<br/>           Cheddar Cheese<br/>           Fresh Carrot Sticks<br/>           Pears</p> | <p><b>24 Tony's Individual Round Cheese(v) or Pepperoni Pizza</b><br/> <b>Sides:</b><br/>           Light Caesar Salad<br/>           Peach Cup</p>                 | <p><b>25 Chicken Patty Sandwich</b><br/> <b>Sides:</b><br/>           Romaine Lettuce and Tomato Salad with Light Dressing<br/>           Mixed Fruit Cup</p>  |
| <p><b>28 Chicken Tenders Dipping Sauces</b><br/> <b>Sides:</b><br/>           Sweet Baby Peas<br/>           Steamy Brown Rice<br/>           Fresh Local Apple</p>   | <p><b>29 Belgian Waffle Sticks(v) with or w/o Maple Syrup</b><br/> <b>Sides:</b><br/>           Roasted Sweet Potato<br/>           Ham Slice<br/>           Pears</p>                              | <p><b>30 All Beef Hot Dog on a Roll</b><br/> <b>Sides:</b><br/>           Glazed Carrots<br/>           Vegetarian Beans<br/>           Blueberry Crisp</p>   | <p>Comments &amp; questions please call Ken @ 781-275-9129 or email Ken_Whittier @ bedford.k12.ma.us</p>  | <p><u>Alternate Entrée:</u><br/>           Wheat Bagel with low fat yogurt and cheese stick<br/>           PB&amp;J or PB on wheat bread<br/>           An 8oz non fat Chocolate, 1% or skim milk is included with all lunches<br/>           100% Juices: Apple, Orange, and Grape offered daily, May be taken as fruit selection</p> |

**Lunch price: Full \$2.50 / Reduced price: \$.40/ Lunch = 3 items on the menu 1 item must be a fruit or vegetable**

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