

# Bedford Public Schools

## John Glenn Middle School Menu

### September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>A lunch consists of at least three different menu items, <u>one item must be a veg or fruit.</u> Offered items include a <b>Main item (in bold)</b>, vegetable, fruit, milk and bread (grain)</i></p>	<p><b>1</b></p> <p><b>Hamburger or Cheeseburger on WG Roll</b>  <b>Sides:</b>  Romaine Lettuce &amp; Tomato  Carrot Sticks w/Dip  Strawberries and Cream</p>	<p><b>2</b></p> <p><b>Meatball Sub with Tomato Sauce on WG Roll</b>  <b>Sides:</b>  Roasted Sweet Potatoes  Peaches</p>	<p><b>3</b></p> <p><b>Chicken Tenders with Dipping Sauce</b>  <b>Sides:</b>  Steamed Broccoli  Corn &amp; Black Bean Salad  Goldfish Crackers  Pears</p>	<p><b>4</b></p> <p>No School</p> <p>Massachusetts Farm to School program is here!  Harvest of the month are tomatoes!</p>
<p><b>7</b></p> <p><b>Labor Day Holiday</b></p> <p>An 8oz 1%, skim or fat free chocolate milk included with meal  Fresh fruit offered daily may include apples, oranges, pears or bananas</p>	<p><b>8</b></p> <p><b>Oven Baked Popcorn Chicken Bites</b>  <b>Sides:</b>  Wheat Roll  Roasted Potatoes  Seasoned Carrots  Pears</p>	<p><b>9</b></p> <p><b>Pasta with Meatballs and Tomato Sauce</b>  <b>Sides:</b>  Tossed Salad w/ Romaine &amp; Tomato  Peaches</p>	<p><b>10</b></p> <p><b>Chicken Fajita on WG Soft Tortilla</b>  <b>Sides:</b>  Refried Cheesy Beans  Sautéed Onion and Peppers  Fruit Cocktail</p>	<p><b>11</b></p> <p><b>Individual Cheese(v) or Pepperoni Pizza</b>  <b>Sides:</b>  Tossed Salad w/ Romaine &amp; Tomato  Fresh Apple</p>
<p><b>14</b></p> <p><b>All Beef Hot Dog on a Roll</b>  <b>Sides:</b>  French Fries  Carrot Sticks with or w/o Ranch Dressing  Peaches</p>	<p><b>15</b></p> <p><b>Chicken Tacos with Hard or WG Soft Tortilla</b>  <b>Sides:</b>  Lettuce, Tomato, Cheese, Salsa  Mexican Rice  Apple Slices w/ Cinnamon</p>	<p><b>16</b></p> <p><b>Pepperoni and Cheese Calzone</b>  <b>Sides:</b>  Sweet Corn  Fresh Local Apple</p>	<p><b>17</b></p> <p><b>Buffalo Style Chicken Filet</b>  <b>Sides:</b>  Sweet Potato  Steamed Sweet Peas  Cornbread  Applesauce</p>	<p><b>18</b></p> <p><b>Individual Cheese(v) or Pepperoni Pizza</b>  <b>Sides:</b>  Tossed Salad w/ Romaine &amp; Tomato  Fresh Apple</p>
<p><b>21</b></p> <p><b>Crispy Chicken on WG Roll</b>  <b>Sides:</b>  Lettuce and Tomato  Potato Wedges  Applesauce</p>	<p><b>22</b></p> <p><b>Nachos with Beef Chili and Shredded Cheddar</b>  <b>Sides:</b>  Spanish Rice  Salsa  Apple Slices</p>	<p><b>23</b></p> <p><b>WG French Toast Sticks with or w/o Maple Syrup</b>  <b>Sides:</b>  Golden Potato Puffs  Sausage Links  Pears</p>	<p><b>24</b></p> <p><b>Hamburger or Cheeseburger on WG Roll</b>  <b>Sides:</b>  Lettuce, &amp; Tomato  Oven Roasted Potato Wedges  Strawberry Cup</p>	<p><b>25</b></p> <p><b>Fresh Dough Cheese or Pepperoni Pizza</b>  <b>Sides:</b>  Caesar Salad  Warm Apple Crisp</p>
<p><b>28</b></p> <p><b>Foot Long Hot Dog on a Bun</b>  <b>Sides:</b>  Orange Glazed Carrots  Vegetarian Beans  Peaches</p>	<p><b>29</b></p> <p><b>Mozzarella Sticks (v) with Warm Tomato Sauce</b>  <b>Sides:</b>  Tossed Salad w/ Romaine &amp; Tomato  WG Roll  Mixed Fruit</p>	<p><b>30</b></p> <p><b>WG Belgian Waffle Sticks with or w/o Maple Syrup</b>  <b>Sides:</b>  Golden Potato Puffs  Sausage Links  Pears</p>	<p>Comments &amp; questions please call Ken @ 781 275-9129 or email ken_whittier@bedford.k12.ma.us</p> <p><b>Allergy Committee meeting 9/17/15Davis @9:15AM</b></p>	<p><u>Weekly Salad Special:</u>  WK1&amp;2 Chicken Caesar Salad  WK3&amp;4 Chicken Teriyaki Salad  Sandwich Special:  WK 1&amp;2Turkey Rollup on Soft Tortilla  WK3&amp;4 Ham &amp; Cheese on Tortilla  WK1-4 PB&amp;J</p>

Lunch price: Full \$2.50 / Reduced price: \$.40/ Super lunch \$3.75