


# Bedford Public Schools

## Lane Elementary School Lunch Menu

### September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>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)</i></p>	<p><b>1</b> <b>Golden Crispy Chicken Patty Sandwich on a Roll</b> <u>Sides:</u> Baked Potato Wedges Buttery Carrot Coins Apples with Cinnamon</p>	<p><b>2</b> <b>All Beef Hot Dog on a Roll</b> <u>Sides:</u> Tiny Pretzels Baby Carrot Sticks Fresh Local Pears</p>	<p><b>3</b> <b>Buttermilk Pancakes with or w/o Maple Syrup</b> <u>Sides:</u> Golden Potato Puffs Sausage Blueberries</p>	<p><b>4</b> <b>No School</b> Massachusetts Farm to School program is here! Harvest of the month are tomatoes!  Allergy Meeting Sept 17 Davis School Café at 9:15AM</p>
<p><b>7</b> <b>Labor Day</b> </p>	<p><b>8</b> <b>Chicken Taco on WG Taco Shell</b> <u>Sides:</u> Spanish Rice w/Red Beans Romaine Lettuce, Tomato &amp; Cheese Mixed Fruit Cup</p>	<p><b>9</b> <b>Hamburger or Cheeseburger on WG Roll</b> <u>Sides:</u> Oven Baked French Fries Apple Crisp</p>	<p><b>10</b> <b>Pasta with Meat Sauce</b> <u>Sides:</u> Garlic Bread Steamed Green Beans Pears</p>	<p><b>11</b> <b>Big Daddy's Cheese(v) or Pepperoni Pizza</b> <u>Sides:</u> Tossed Salad w/ Romaine &amp; Tomato Fresh Local Apple</p>
<p><b>14</b> <b>Oven Baked Chicken Nuggets</b> <u>Sides:</u> French Fries Steamed Carrots Mixed Fruit Cup</p>	<p><b>15</b> <b>Meatball Sub</b> <u>Sides:</u> Light Caesar Salad Pears</p>	<p><b>16</b> <b>Grilled Cheese Sandwich on WW Bread</b> <u>Sides:</u> Veggie Sticks With or w/o Ranch dressing Hummus Cup Applesauce Cups</p>	<p><b>17</b> <b>Popcorn Chicken Bowl</b> <u>Sides:</u> Mashed Potatoes Golden Corn Peach Cup</p>	<p><b>18</b> <b>Cheese(v) or Pepperoni Pizza</b> <u>Sides:</u> Tossed Salad w/ Romaine &amp; Tomato Pears</p>
<p><b>21</b> <b>Meatless Monday! Mozzarella Sticks(v) w/ Warm Tomato Sauce</b> <u>Sides:</u> Steamed Broccoli Brown Rice Pilaf Peach Cup</p>	<p><b>22</b> <b>WG French Toast Sticks with Maple Syrup</b> <u>Sides:</u> Potato Puffs Scrambled Eggs Apple Slices</p>	<p><b>23</b> <b>Chicken Patty Sandwich</b> <u>Sides:</u> Romaine Lettuce and Tomato Salad Mixed Fruit Cup</p>	<p><b>24</b> <b>Beef Tacos with Corn Shell</b> <u>Sides:</u> Lettuce and Tomato Cheddar Cheese Carrots Pears</p>	<p><b>25</b> <b>Tony's Individual Cheese(v) or Pepperoni Pizza</b> <u>Sides:</u> Tossed Salad w/ Romaine &amp; Tomato Peach Cup</p>
<p><b>28</b> <b>Chicken Tenders with Dipping Sauce</b> <u>Sides:</u> Sweet Baby Peas Steamy Brown Rice Peach Cup</p>	<p><b>29</b> <b>Belgian Waffle Sticks(v) with or w/o Maple Syrup</b> <u>Sides:</u> Roasted Sweet Potato Ham Slice Pears</p>	<p><b>30</b> <b>'Foot Long' Hot Dog on a Roll</b> <u>Sides:</u> Glazed Carrots Vegetarian Beans 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 Main Item for Month</u> <b>MTWF Bagel, cream cheese with yogurt or string cheese, PB&amp;J</b> Mon-Wed: Chicken Caesar Salad w/Roll Thurs &amp; Fri: Garden Salad with Teriyaki</p>

**Lunch price: Full \$2.50 / Reduced price: \$.40/ Lunch = 3 items on the menu 1 item must be a fruit or vegetable/Super Lunch \$3.75**

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