



2020-2021 School Menu

Applications for Free or Reduced meals are available at Bedford office or the Main office

1% LOW FAT WHITE MILK

100 % FRUIT JUICE SERVED

***MENU SUBJECT TO CHANGE BASED ON AVAILABILITY OF PRODUCTS, CHEESE SANDWICH AVAILABLE DAILY**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Oranges Corn Muffin or Banana Muffin Cereal Rice Krispies	Bananas Fresh Croissant Cereal All Bran	Oranges French Toast Sticks Apple Sauce Cereal Cheerios	Bananas Wheat Bagels w/Lt. Cream Cheese Cereal Kix	Oranges Turkey Bacon Hash Browns Cereal Corn Flakes
Week #1 Lunch	Fresh Chicken Tenders w/ Mac & Cheese Salad Fresh Honeydew	Veggie Rasta Pasta, w/ Wheat Roll Fresh Cantaloupes	Buffalo Chicken Wings w/Fries Carrots/Celery Stick Fresh Apple	Turkey Burger Lettuce/Tomatoes Wheat Bun Fresh Pear	Fresh Cheese Pizza Salad Fresh Watermelon
Week #2 Lunch	Chicken Patties Cheese/Lettuce/Tomatoes w/ wheat Hamburger Bun Fresh Pear	Lasagna w/Lean Turkey Meat Salad w/wheat Roll Fresh Honeydew	Fish w/Festival Baby carrots Fresh Watermelon	Stew Chicken Rice & Peas w/Steam Cabbage Fresh Pineapple	Jamaican Patties Steam Corn Fresh Apple
Week #3 Lunch	Sloppy Joe wheat Hamburger Bun Salad Fresh Cantaloupes	Mexican Rice and Beans Mix Salad Fresh Honeydew	Bake Ziti w/Lean Turkey Meat Wheat Roll Romaine Salad Fresh Apple	New Orleans Chicken w/Basmati Rice Steam Broccoli Fresh Pineapple	Turkey Burger Lettuce/Tomatoes Wheat Bun Fresh Plum
Week #4 Lunch	Fresh Cheese Pizza Fresh/Steam Corn Fresh Watermelon	Chicken Lo Mein Spinach/Kale Salad Fresh Pineapple	Barbeque Chicken Wings w/ Mash Potatoes Asparagus Fresh Peach	Vegetable Fried Rice w/Veggie Chik'n Strips Fresh Salad Fresh Pear	Turkey Sandwich Lettuce/Tomatoes Fresh Cantaloupes
Week #5 Lunch	Sheppard Pie Turkey Meat Mix Vegetables Fresh Pear	Fish & Chips Baby carrots Fresh Pineapple	14 Beans Soup W/Wheat Bread Romaine Salad Fresh Cantaloupes	BBQ Chicken w /Rice & Beans Salad/Fried Plantains Fresh Peach	Chicken Nuggets /Hotdogs w/Fries Sliced Avocado or salad Fresh Watermelon
SNACKS	Juice/Water Pretzels PC Fresh Pineapples	Water Honey Graham Crackers Fresh Apples	Water Cheez-Its Fresh Plum	Water Goldfish Fresh Cantaloupes	Juice/Water Organic Tortilla Chips

PARENTS NOTE: CHILDREN WHO DO NOT EAT MEAT WILL BE SERVED A VEGETARIAN MEAL. EX. MORNINGSTAR FARMS

SOY MILK WILL BE PROVIDED TO CHILDREN WHO CANNOT CONSUME COW'S MILK DUE TO MEDICAL CONDITION. PLEASE ASK YOUR DOCTOR. TO PUT ON THE MEDICAL FORM

100% FRESH FRUITS: PINEAPPLE APPLE ♥ HONEY DEW ♥ WATERMELON ♥ PEACH ♥ PEAR ♥ PLUM ♥ CANTALOPE

Schedule is set up for 4 or 5 week months

