


# **BEDFORD HIGH SCHOOL**

## **March 2020**

### **BREAKFAST SERVED DAILY AT BREAK**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b><u>2</u></b> <b>Chris P Chicken</b> <b>Filet Sandwich</b> <b>Sides:</b> Steamed Broccoli Brown Rice Strawberries and Cream	<b><u>3</u></b> <b>Nachos and Beef Chili</b> <b>and Cheese</b> <b>Sides:</b> Fiesta Corn and Black Bean Salad Banana Peppers Salsa Apple Sauce	<b><u>4</u></b> <b>Pasta al dente with or w/o Meat sauce</b> <b>Sides:</b> Romaine and Tomato Salad Pears	<b><u>5</u></b> <b>Popcorn Chicken with Orange Sauce</b> <b>Sides:</b> Steamed Rice Oriental Vegetables Fortune Cookie Mixed Fruit	<b><u>6</u></b> <b>Honey Glazed Sriracha Chicken or Fish N Chips</b> <b>Sides:</b> Roasted Green Beans Mashed Potato Peach Cup
<b><u>9</u></b> <b>Spicy Chicken Sandwich</b> <b>Sides:</b> Broccoli with Lemon Zest Potato Chips Pears	<b><u>10</u></b> <b>Grilled Cheese Plain or with Ham or Tomato</b> <b>Sides:</b> Fresh Carrot Sticks with or w/o Ranch dip Seasoned Green Beans Mixed Fruit	<b><u>11</u></b> <b><u>Breakfast for Lunch</u></b> <b>French Toast Sticks with or w/o Maple Syrup</b> <b>Sides:</b> Baked Sweet Potato Pork Sausage Links Applesauce	<b><u>12</u></b> <b>Meatball Sub with Tomato Sauce</b> <b>Sides:</b> Honey Glazed Carrots Oven Baked French Fries Roasted Chickpeas Blueberry Crisp	<b><u>13</u></b> <b>Teacher Professional Day</b> Breakfast is served during break Mon, Tues, Thurs and Friday. Paid Breakfast \$1.30-\$1.75, Reduced \$.40 Free to qualified students
<b><u>16</u></b> <b>Grilled Chicken Sandwich topped with Bacon and Cheese</b> <b>Sides:</b> Rice Pilaf California Vegetables Pears	<b><u>17</u></b> <b>Baked Ziti with Cheese, Tomato Sauce &amp; Meatballs</b> <b>Sides:</b> Romaine and Tomato Salad Box of Raisins	<b><u>18</u></b> <b>All Beef Hot Dog on a Roll</b> <b>Sides:</b> 'Sidewinder' Fries Carrot Sticks with or w/o Ranch Dressing Fresh Fruit	<b><u>19</u></b> <b>Italian Sampler, three meatballs, three mozzarella sticks and a cheesy bread stick with Marinara Sauce</b> <b>Sides:</b> Caesar Salad Peaches	<b><u>20</u></b> <b>Cheeseburger or Hamburger with Bacon</b> <b>Sides:</b> Lettuce and Tomato Oven Baked Sweet Potato Banana
<b><u>23</u></b> <b>Mozzarella Sticks with or without Marinara Sauce</b> <b>Sides:</b> Spicy Fries Steamed Carrots Dinner Roll Blueberry Cup	<b><u>24</u></b> <b>Chicken and Cheese Quesadilla on a Soft Tortilla</b> <b>Sides:</b> Veggie Rice Pilaf Black Beans Fresh Pears	<b><u>25</u></b> <b><u>Breakfast for Lunch</u></b> <b>Home-style Pancakes with or w/o Maple Syrup</b> <b>Sides:</b> Roasted Potatoes Pork Sausage Links Craisins	<b><u>26</u></b> <b>Crispy Chicken Tenders with Assorted Sauces</b> <b>Sides:</b> Romaine and Tomato Salad Cornbread Peach Cup	<b><u>27</u></b> <b>New Item from Rich's Pizza Crunchers</b> <b>Sides:</b> Tomato Sauce Caesar Salad Strawberry Cup
<b><u>30</u></b> <b>Pu Pu Platter (egg roll and teriyaki chicken dippers)</b> <b>Sides:</b> Steamed Rice Vegetable Stir Fry: Carrots, Onions and Broccoli Pineapple	<b><u>31</u></b> <b>Rodeo Burger with Cheese and Onion Rings</b> <b>Sides:</b> Caesar Salad Bowl French Fries Mixed Fruit	Please keep a positive balance in your student's account	 Spring is here!	<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)

**Lunch price: Full \$3.10 / Reduced price: \$.40 an extra serving of an entrée is \$1.25**

**USDA is an equal opportunity employer.**