

Bedford Public Schools
John Glenn Middle School Menu
March 2020

Monday		Tuesday		Wednesday		Thursday		Friday	
2	<i>New Item!</i> Pizza Crunchers <u>Sides:</u> Tomato Sauce Tomato and Basil Salad Blueberries	3	Grilled Chicken Sandwich with Bacon and Ranch <u>Sides:</u> Caesar Salad Bowl Bag of Potato Chips Craisins	4	Cheesy Mozzarella Sticks <u>Sides:</u> Tomato Sauce Steamed Green Beans Baked Pretzel Peaches	5	Double Burger Cheese or Plain Hamburger <u>Sides:</u> Oven Baked French Fries Steamed Sweet Corn Applesauce	6	Big Daddy's Pizza Cheese or Pepperoni <u>Sides:</u> Tossed Salad w/ Romaine, Tomato & Light Dressing Blueberry Crisp
9	Chris P Chicken Tenders <u>Sides:</u> Steamed Broccoli Roasted Chick Peas Animal Crackers Pears	10	Hot Dog on a Bun <u>Sides:</u> Orange Glazed Carrots Oven Baked Potato Wedges Peaches	11	French Toast Sticks(v) with Maple Syrup <u>Sides:</u> 3 Sausage Links Sweet Potato Fries Blueberry Crisp	12	Popcorn Chicken <u>Sides:</u> Steamed Rice Vegetable Stir Fry w/Carrots, Celery and Broccoli Sliced Apples	13	Teacher Professional Development Day Comments & questions please call Ken @ 781-275-9129 Non fat Chocolate, 1% or skim milk is included with all lunches
16	Mozzarella Sticks(v) with Marinara Dipping Sauce <u>Sides:</u> Steamed Broccoli Dinner Roll Strawberry Cup	17	Chris P Chicken Filet Sandwich <u>Sides:</u> Mashed Potato Carrot Sticks with Ranch Dressing Mixed Fruit	18	Egg 'McGlenn' (egg, sausage and cheese or egg and cheese) <u>Sides:</u> Golden Potato Puffs Primavera Vegetables(broccoli, onion and peppers) Peaches	19	Penne Pasta with Tomato Sauce and meatballs <u>Sides:</u> Tossed Salad w/ Romaine, Tomato & Light Dressing Mixed Fruit	20	Big Daddy's Pizza Cheese or Pepperoni Pizza or Fish Sandwich <u>Sides:</u> Tossed Salad w/ Romaine, Tomato & Light Dressing Pears
23	Burger Bar Hamburger or Cheeseburger on WG Roll <u>Sides:</u> Romaine Lettuce, Pickles & Tomato French Fries Peaches	24	Oven Baked Chicken Nuggets <u>Sides:</u> Mashed Potato Steamed Green Beans Wheat Dinner Roll Fresh Pears	25	Grilled Cheese Sandwich (v) with or w/o Tomato Soup <u>Sides:</u> Oven Roasted Potato Wedges Applesauce Chocolate Pudding	26	Meatball Sub with Zesty Tomato Sauce <u>Sides:</u> Steamed Broccoli Honey Roasted Chickpeas Box of Raisins	27	French Bread Pepperoni or Cheese(v) Pizza or Coconut Crusted Redfish <u>Sides:</u> Tossed Salad w/ Romaine, Tomato & Light Dressing Pears
30	Chris P Chicken Filet Sandwich <u>Sides:</u> Fresh Carrot Sticks Light Dressing Lettuce and Tomato Applesauce	31	Italian Sampler, three meatballs, three mozzarella stick and a cheesy breadstick with marinara sauce <u>Sides:</u> Caesar Salad Fresh Fruit	 Spring has sprung!		Please keep a positive balance in your students Nutrikids account. Thank You for your continued support! <u>Main Item Alternatives:</u> Daily PB & J on Wheat Wed Yogurt Parfait Tues and Thurs 'Grab and Go' Salads Fri Fish		29  Happy St. Patrick's Day Sunday March 17, 2020	

Lunch price: Full \$2.70 / Reduced price: \$.40 USDA is an equal opportunity employer