






BEDFORD HIGH SCHOOL

June 2016

BREAKFAST SERVED DAILY AT BREAK

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><u>A lunch</u> consists of at least three different menu items, <u>one item must be a veg or fruit.</u> Offered items include a Main item (in bold), vegetable, fruit, milk and bread (grain)</p>	<p>An 8oz 1%, skim or non fat chocolate milk is included with all lunches Fresh fruit offered daily may include apples & oranges Comments & Questions Please call Ken @ 781-275-9129 ken_whittier@bedford.k12.ma.us</p>	<p>Deli Lunch \$3.00 Salad Bar Lunch \$3.00 Main Lunch \$2.75</p> <p>An extra entrée is offered at \$1.25</p>		<p>Good Luck Seniors!!!</p> 	
		<p><u>1</u> Popcorn Chicken Bowl Sides: Mashed Potato Sweet Corn Dinner Roll Watermelon</p>	<p><u>2</u> Chicken Fajita Bowl On Soft Tortilla Sides: Sauteed Onion and Peppers Spanish Rice Salsa Pears</p>	<p><u>3</u> Breakfast for Lunch Pancakes with or w/o Maple Syrup Sides: Golden Potato Puffs Bacon Applesauce Cup</p>	
<p><u>6</u> All Beef Hot Dog on a Roll Sides: Steamed Broccoli Baked Chips Mixed Fruit</p>	<p><u>7</u> Chris P Chicken Filet Sandwich Sides: French Fries Lettuce and Tomato Mixed Fruit Cup</p>	<p><u>8</u> Mozzarella Sticks with or w/o Marinara Sauce Sides: Tossed Salad w/ Romaine & Tomato Dinner Roll Pear Cup</p>	<p><u>9</u> Chicken Tenders with or w/o Dipping Sauce Sides: Roasted Sweet Potato Corn Goldfish Crackers Applesauce Cup</p>	<p><u>10</u> Hamburger or Cheeseburger with Bacon on a Roll Sides: Potato Chips Tossed Salad w/ Romaine & Tomato Peaches</p>	
<p><u>13</u> Grilled Ham and Cheese Sandwich Sides: Caesar Salad Diced Pears</p>	<p><u>14</u> Exam Break Menu Muffins, Assorted Bagels Scrambled Eggs with Bacon and Potato Puffs Chilled Fruit</p>	<p><u>15</u> Exam Break Menu Muffins, Assorted Bagels Breakfast Sandwich with Potato Puffs Chilled Fruit</p>	<p><u>16</u> Exam Break Menu Muffins French Toast Sticks with Maple Syrup Potato Puffs Sausage Fruit Selection</p>	<p><u>17</u> Exam Break Menu Muffins Breakfast Wrap with Egg and Potato Puffs Sausage Fruit Selection</p>	
<p><u>22</u> Last Day of School No break or lunch served</p>		<p><u>24</u> Have a Happy and Restful Summer! From the kitchen staff: Gail Hannon, Denise Terenzoni, Jane Higgins, Nancy D'Andragora, Kim Santos and Michele Williamson</p>	<p><u>25</u> Thank you for your continued support!</p>	<p><u>27</u></p> 	

Lunch price: Full \$2.75 / Reduced price: \$.40

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