

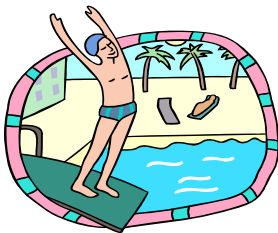




Bedford Public Schools
John Glenn Middle School Menu
June 2016

Monday	Tuesday	Wednesday	Thursday	Friday	
<u>Main Lunch</u> Alternatives for June: Yogurt Parfait with pretzel or Goldfish Cracker Spicy Chicken Patty Sandwich Peanut Butter and Jelly Sandwich	<i>A lunch should consist of at least three different menu items, <u>one item must be a veg or fruit.</u> Items offered are a Main item (in bold), vegetable, fruit, milk and bread (grain)</i>	Comments & questions please call Ken @ 781- 275-9129 or email Ken_Whittier @ bedford.k12.ma.us Fresh fruit offered daily includes apples and oranges		Congratulations 8 th Graders from your School Lunch Program 	
		1 Pasta with or w/o Meat sauce <u>Sides:</u> Romaine and Tomato Salad with Light Dressing Pears	2 Chicken Fajita on Soft Tortilla <u>Sides:</u> Brown Rice Pilaf Salsa Mexicali Corn Strawberry Cup	3 French Bread Pepperoni or Cheese(v) Pizza <u>Sides:</u> Orange Glazed Carrots Mixed Fruit	
6 Chicken Tenders with or w/o Dipping Sauce <u>Sides:</u> Seasoned Carrot Coins Goldfish Crackers Pears	7 All Beef Hot Dog on a Bun <u>Sides:</u> Oven Baked French Fries BBQ Baked Beans Peaches	8 Bacon Hamburger or Cheeseburger on a Roll <u>Sides:</u> Lettuce & Tomato Baked Chips Watermelon	9 Oven Baked Chicken Nuggets <u>Sides:</u> Potato Wedges Steamed Green Beans Wheat Dinner Roll Apple Slices with Cinnamon	10 Pepperoni or Cheese(v) Pizza <u>Sides:</u> Tossed Salad w/ Romaine & Tomato Pears	
13 Chicken or Tuna Salad on a Roll <u>Sides:</u> Caesar Salad Multigrain Chips Strawberry Cup	14 Hot and Spicy Crispy Chicken Filet Sandwich <u>Sides:</u> Oven Baked French Fries Baby Carrot Sticks with or w/o Ranch Dressing Applesauce	15 Popcorn Chicken <u>Sides:</u> Golden Potato Puffs Steamed Sweet Corn Bread Stick Mixed Fruit Cup	16 Chef's Choice Main Lunch <u>Sides:</u> Vegetable du jour Fruit Selection	17 Pepperoni or Cheese(v) Pizza <u>Sides:</u> Tossed Salad w/ Romaine & Tomato Fruit Selection	
20 Last Day of School! No Lunch Served	21 	22 Have a Happy and Safe Shirley Waters, Laura Pekala and Mary Beth Kilduff!	23 	24 Tuesday's and Thursday's premade salads are offered as a lunch. Includes fruit and milk \$2.50	

Lunch price: Full \$2.50 / Reduced price: \$.40

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