BEDFORD MIDDLE SCHOOL
MARCH 2019

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Mozz Cheese Sticks w/Pizza Sauce OR Ham Pattie w/ Dinner Roll Scalloped Potatoes Toss Salad w/Romaine Cherry Tomatoes Applesauce
4 Hot Dog Sandwich OR Hamburger Sandwich Hash Brown Pattie Baked Beans Fresh Broccoli Bites Asst Fruit	**5** Chicken Tenders with Soft Pretzel Rod OR Loaded Chili Cheese Fries with Soft Pretzel Rod Mixed Vegetables Fresh Cauliflower Peach Slices	**6** Ash Wednesday Wedge Pizza OR BBQ Rib Sandwich Corn Carrot Sticks Fruit Cocktail	**7** Breakfast for Lunch French Toast Sticks w/Syrup Sausage Pattie OR Chicken Tenders with Bread Slice Hash Brown Pattie 100% Fruit Juice	**8** Toasted Cheese Sandwich w/PB Celery Tomato Soup OR Chicken Teriyaki With Dinner Roll Crackers Toss Salad w/Romaine Fruit Sorbet
11 Cheese Calzone OR Shrimp Poppers Spudsters Fresh Broccoli Bites 100% Fruit Juice	**12** Ham Pot Pie with Dinner Roll OR Crispy Chicken Wrap w/ Cheese with Lettuce & Tomato Cup Green Beans Carrot Sticks Pineapple Tidbits	**13** Baked Ziti with Breadstick Glazed Carrots OR General Tso Chicken over WG Rice with Breadstick Toss Salad w/Romaine Applesauce	**14** Sauerkraut w/Hot Dog with Bread Slice OR Chicken Nuggets with Bread Slice Whipped Potatoes Mexican Bean Salad Pear Slices	**15** Homemade Pizza OR Fish Sandwich California Blend Vegetables Toss Salad w/ Romaine Cherry Tomatoes Asst Fruit
18 Chicken Pattie Sandwich OR P.B. & Jelly Sandwich w/Cheese Stick Vegetable Soup Sandwich Fixins Crackers Peach Slices	**19** Meatball Sandwich OR Corn Dog Nuggets French Fries Baked Beans Fruit Cocktail	**20** Chicken & Gravy over Biscuit OR Gyro w/Fixin's Whipped Potatoes Fresh Broccoli Bites Mandarin Oranges	**21** Cheese Steak Sandwich OR Pulled Pork Sandwich Potato Rounds Lettuce & Tomato Cup Pineapple Tidbits	**22** Turkey, Ham & Cheese Sub or All Cheese Sub OR Taco Salad w/ Pretzel Tortilla Chips & Salsa Relish Tray Asst Fruit
25 Hot Ham & Cheese Sandwich OR Shrimp Poppers Glazed Carrots Cucumber Slices Fruit Cocktail	**26** Wiener Wink Sandwich OR Chicken Nuggets w/ Bread Slice Chicken Rice Soup Crackers Mexican Bean Salad Fresh Broccoli Bites Asst Fruit	**27** Spaghetti w/Meat Sauce with Breadstick OR Bacon Cheeseburger Sandwich Toss Salad w/Romaine Cherry Tomatoes Applesauce	**28** Pizzaburger Sandwich OR Chicken Fajita Wrap With Bread Slice Green Beans Celery Sticks Peach Slices	**29** Turkey, Ham & Cheese Sub OR Fish Sandwich WG Macaroni & Cheese Peas Relish Tray Juice Rush Cup

****** SALAD BAR MEAL AVAILABLE DAILY FOR 5TH GRADE AND STAFF ******

MENUS SUBJECT TO CHANGE WITHOUT NOTICE.

Each meal includes the choice of skim or 1% white or 1 % chocolate milk.

Assorted fresh fruits are available daily.