

**BEDFORD HIGH SCHOOL  
2020-2021**

**GRAB N GO BREAKFAST  
7:40 a.m. to 8:10 a.m.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Glazed Donut OR Asst Pop Tarts/Cereal Goldfish Crackers 100% Fruit Juice Milk	Apple Turnover OR Asst Pop Tarts/Cereal Goldfish Crackers 100% Fruit Juice Milk	Asst Muffins OR Asst Pop Tarts/Cereal Goldfish Crackers 100% Fruit Juice Milk	Cinnamon Roll OR Asst Pop Tarts/Cereal Goldfish Crackers 100% Fruit Juice Milk	Coffee Cake OR Asst Pop Tarts/Cereal Goldfish Crackers 100% Fruit Juice Milk

**Cereal Choice: Cinnamon Toast Crunch, Trix, Cocoa Puffs, Rice Chex – All cereals are reduced sugar.**

**Juice Choice: Apple, Grape, Orange**

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

**MENUS SUBJECT TO CHANGE WITHOUT NOTICE.**