

# NEW BEDFORD PUBLIC SCHOOLS



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(click on Breakfast/Lunch Menu under Hot Topics-Most Requested)



## Elementary Menu

### OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> <b>BREAKFAST:</b> MULTI-GRAIN CHEERIOS CEREAL BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK</p> <p><b>LUNCH:</b> HOT DOG ON A BUN, CORN ON THE COB, VEGETARIAN BEANS, PEACH CUP, MILK</p>	<p><b>2</b> <b>BREAKFAST:</b> NUTRI GRAIN BAR, STRING CHEESE, FRESH FRUIT, JUICE, MILK</p> <p><b>LUNCH:</b> CHIX NUGGETS, SWEET &amp; SOUR SAUCE, DINNER ROLL, MARGARINE CUP, SWEET POTATO FRIES, FRESH APPLE, MILK</p>	<p><b>3</b> <b>BREAKFAST:</b> CINNAMON TOAST, CRUNCH CEREAL BAR BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK</p> <p><b>LUNCH:</b> FRENCH TOAST STICKS, MAPLE SYRUP CUP, SAUSAGE PATTIES, SNACK PACK CARROTS, ORANGE WEDGES, MILK</p>	<p><b>4</b> <b>BREAKFAST:</b> MUFFIN TOP, FRESH FRUIT, JUICE, MILK</p> <p><b>LUNCH:</b> CHICKEN BROCCOLI ALFREDO, TOMATO &amp; CUKES, LITE DRESSING, STRAWBERRY CUP, MILK</p>	<p><b>5</b> <b>BREAKFAST:</b> APPLE CINNAMON CHEERIOS BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK</p> <p><b>LUNCH:</b> FISH "n" CHIPS, OVEN FRIES, COLESLAW, FRUIT MIX, MILK</p>
<p><b>8</b></p>  <p><b>NO SCHOOL</b></p>	<p><b>9</b> <b>BREAKFAST:</b> BANANA BREAD, FRESH FRUIT, JUICE, MILK</p> <p><b>LUNCH:</b> TACO TUESDAY, TORTILLA CHIPS, SHREDDED LETTUCE, TOMATO, SHREDDED MOZZARELLA, SOUR CREAM, FROZEN FRUIT JUICE CUP, MILK</p>	<p><b>10</b> <b>BREAKFAST:</b> COCOA PUFF CEREAL BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK</p> <p><b>LUNCH:</b> CREAMED TURKEY, DINNER ROLL, MARGARINE CUP, MASHED POTATO, CORN, BANANA, MILK</p>	<p><b>11</b> <b>BREAKFAST:</b> SUNRISE BITES, FRESH FRUIT, JUICE, MILK</p> <p><b>LUNCH:</b> GRILLED CHEESE SANDWICH, VEGETABLE SOUP, WHITE CHEDDAR POPCORN, APPLESAUCE, MILK</p>	<p><b>12</b> <b>BREAKFAST:</b> CINNAMON TOAST CRUNCH CEREAL BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK</p> <p><b>LUNCH:</b> SLOPPY JOE ON A BUN, GREEN BEANS, PEARS, OATMEAL RAISIN COOKIE, MILK</p>
<p><b>15</b> <b>BREAKFAST:</b> MULTI GRAIN CHEERIOS BREAKFAST KIT w/JUICE, MILK</p> <p><b>LUNCH:</b> SPAGHETTI w/MEATBALLS, DINNER ROLL, MARGARINE CUP, TOSSED SALAD, FRESH APPLE, MILK</p>	<p><b>16</b> <b>BREAKFAST:</b> CRUNCHMANIA FRENCH TOAST, FRESH FRUIT, JUICE, MILK</p> <p><b>LUNCH:</b> CHICKEN PATTY ON A BUN, CELERY STICKS w/HUMMUS, RAISINS, MILK</p>	<p><b>17</b> <b>BREAKFAST:</b> STRAWBERRY OATMEAL BAR BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK</p> <p><b>LUNCH:</b> SHEPARD'S PIE w/CORN, BROWN GRAVY, DINNER ROLL, MARGARINE CUP, PEACHES, MILK</p>	<p><b>18</b> <b>BREAKFAST:</b> CHOCOLATE CHIP MUFFIN, STRING CHEESE, FRESH FRUIT, JUICE, MILK</p> <p><b>LUNCH:</b> BREADED CHICKEN DRUMSTICK, BABY BAKER POTATOES, CARROTS, DINNER ROLL, MARGARINE CUP, FRUIT MIX, MILK</p>	<p><b>19</b> <b>BREAKFAST:</b> MULTI GRAIN FROSTED FLAKES BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK</p> <p><b>LUNCH:</b> PIZZA WEDGE, TOMATO &amp; CUCUMBER SALAD, FRESH PEAR, MILK</p>
<p><b>22</b> <b>BREAKFAST:</b> TRIX CEREAL BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK</p> <p><b>LUNCH:</b> CHICKEN BOWL, MASHED POTATO, CORN/GRAVY, FRESH FRUIT, MILK</p>	<p><b>23</b> <b>BREAKFAST:</b> ZUCCHINI BREAD, FRESH FRUIT, JUICE, MILK</p> <p><b>LUNCH:</b> CHEESEBURGER ON A BUN, SEASONED POTATO WEDGES, BROCCOLI, CINNAMON APPLE SLICES, MILK</p>	<p><b>24</b> <b>BREAKFAST:</b> GOLDEN GRAHAM CEREAL BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK</p> <p><b>LUNCH:</b> CHIX TERIYAKI DIPPERS, DINNER ROLL, MARGARINE CUP, MASHED POTATO, PEAS, PEARS, MILK</p>	<p><b>25</b> <b>BREAKFAST:</b> BLUEBERRY BELVITA, FRESH FRUIT, JUICE, MILK</p> <p><b>LUNCH:</b> BBQ PULLED PORK SANDWICH, 4 BEAN SALAD, SORBET FRUIT CUP, MILK</p>	<p><b>26</b> <b>BREAKFAST:</b> CINNAMON TOAST CRUNCH CEREAL BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK</p> <p><b>LUNCH:</b> TANGERINE CHICKEN, SEASONED RICE, GREEN BEANS, FRESH FRUIT, MILK</p>
<p><b>29</b> <b>BREAKFAST:</b> MULTI-GRAIN CHEERIOS CEREAL BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK</p> <p><b>LUNCH:</b> HOT DOG ON A BUN, CORN ON THE COB, VEGETARIAN BEANS, PEACH CUP, MILK</p>	<p><b>30</b> <b>BREAKFAST:</b> NUTRI GRAIN BAR, STRING CHEESE, FRESH FRUIT, JUICE, MILK</p> <p><b>LUNCH:</b> FRENCH TOAST STICKS, MAPLE SYRUP CUP, SAUSAGE PATTIES, SNACK PACK CARROTS, ORANGE WEDGES, MILK</p>	<p><b>31</b> <b>HAPPY HALLOWEEN</b></p> <p><b>BREAKFAST:</b> CINNAMON TOAST, CRUNCH CEREAL BAR BREAKFAST KIT w/JUICE, FRESH FRUIT, MILK</p> <p><b>LUNCH:</b> SPOOKY CHIX NUGGETS, FRANKENSTEIN'S SWEET POTATO FRIES, GOOEY SWEET &amp; SOUR SAUCE, DRACULA'S DINNER ROLL w/MARGARINE CUP, BOO-LICIOUS FRESH APPLE, JACK-O-LANTERN COOKIE, MONSTER'S MILK</p>	<p><b>NEW BEDFORD PUBLIC SCHOOLS Explorers</b></p> 	

**ALLERGIES:** Before placing your order, please inform your server if there is a food allergy.

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