



Bedford North Lawrence High School

Lunch Menu for Grades 9-12

Student Lunch \$2.70 Adult Lunch \$3.35

Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Week of: <u>8/6 - 8/9</u> <u>9/3 - 9/6</u> <u>9/30 - 10/4</u> <u>11/4-11/8</u> <u>12/2-12/6</u>	Chicken Parmesan Rotini & Sauce W/G Garlic Toast Fresh Fruit Cal. Blend/Br. Sprouts Pizza & Cheese Sauce	Chicken Fajita Wrap Lettuce & Cheese Salsa Fruit Corn/Peppers & Onions Taco Stick & w/g Cookie	W/G Toasted Cheese Seasoned Fries Fresh Fruit Carrots / Peas Calzone	Chicken Nachos Lettuce & Tomatoes Salsa Fruit Refried Beans / Corn Popcorn Chicken	Turkey Manhattan Mashed Potatoes 1sl w/g Bread w/g Cookie Fresh Fruit Broccoli / Gr. Beans Cheesy Breadsticks & Marinara Sauce Spicy Chicken
Week of: <u>8/12 - 8/16</u> <u>9/9 - 9/13</u> <u>10/7 - 10/11</u> <u>11/11 - 11/15</u> <u>12/9-12/13</u>	Chicken Tender Wrap w/ Cheese Lettuce & Tomatoes Fruit Sliced Carrots /Baked Beans Chicken Sandwich	Country Baked Steak Mashed Potatoes & Gravy Fresh Fruit Green Beans / Carrots Chicken Pot Pie & w/g Roll	Bbq Pork Nachos Lettuce / Tomatoes Fruit Refried Beans / Corn Chicken Nuggets	Pizza French Fries Fresh Fruit California Blend / Brussels Sprouts Chicken Bites & w/g Cookie	Spaghetti w/Mt Sauce Dark Green Salad Grape Tomatoes W/G Garlic Toast Fruit Broccoli / Peas Spicy Chicken
Week of: <u>8/19 - 8/23</u> <u>9/16 - 9/20</u> <u>10/21-10/25</u> <u>11/18-11/22</u> <u>12/16-12/20</u>	Chicken Fettuccini w/ Alfredo Sauce w/g Breadstick Fresh Fruit Broccoli / Green Beans 5 Chicken Tenders	Tenderloin Sandwich & Onion Rings Fruit Green Beans / Carrots Cheeseburger	Nachos w/ Gr Beef Lettuce & Tomatoes Salsa Fresh Fruit Refried Beans / Corn Sloppy Joe	Popcorn Chicken Sweet Potato Fries Fruit Peas / Sliced Carrots Bacon Cheeseburger	Chicken & Noodles Mashed Potatoes w/g Roll Fresh Fruit Gr. Beans / Cr. Corn Chicken Bites & w/g Cookie
Week of: <u>8/26 - 8/30</u> <u>9/23 - 9/27</u> <u>10/28-11/1</u> <u>11/25 -11/26</u>	Orange Chicken Rice Egg Roll Fruit Broccoli / Br. Sprouts Asian Chicken Bites	Salisbury Steak Mashed Potatoes w/g Roll Fresh Fruit Green Beans / Cream Corn Chicken Supreme	Taco Salad Lettuce & Tomatoes Salsa Fruit Refried Beans / Corn Taco Wedge & w/g Cookie	Chicken Tenders Sweet Potato Cubes Fresh Fruit Peas / Carrots Pizza Bites	Lasagna Dark Green Salad Grape Tomatoes w/g Garlic Toast Fruit Cal. Blend / Br. Sprouts Pepperoni Breadsticks w/Marinara & Ch. Sauce Spicy Chicken

News and Information

Cycle Menu – repeats every 4 weeks, check the dates

Lunch and Daily Sandwich Options are served with choice of 8oz. milk, 1C fruit, and 1C vegetable

This institution is an equal opportunity provider.