



Lunch Price \$2.75

Week of March 1 – March 5

Mon. Pasta Bar  
Tues. Soup & Salad Bar  
Wed. Omelet Bar  
Thurs. Western Bar  
Fri. Baked Potato Bar

Week of March 8 – March 12

Mon. International Bar  
Tues. MME – No Lunch Service  
Wed. MME – Limited Lunch Service, Junior Class Only  
Thurs. MME – Limited Lunch Service, Junior Class Only  
Fri. Country Bar

Week of March 15 – March 19

Mon. Soup & Salad Bar  
Tues. 1/2-Day of School – No Lunch Service  
Wed. Breakfast Bar  
Thurs. Fiesta Bar  
Fri. Baked Potato Bar

Week of March 22 – March 26

Mon. Pasta Bar  
Tues. Soup & Salad Bar  
Wed. Oriental Bar  
Thurs. International Bar  
Fri. Fiesta Bar

Week of March 29 – April 2

Mon. Pasta Bar  
Tues. Soup & Salad Bar  
Wed. Omelet Bar  
Thurs. Western Bar  
Fri. Good Friday – No Lunch Service

CASA AMIGOS

**Mondays, Wednesdays, Fridays**  
**SUPREME NACHOS**

**Tuesdays**  
**CALIFORNIA CLUB WRAP**

**Thursdays**  
**TACO FIESTA**

**THE FRESH GRILLE**

Lunch Price \$2.25

AVAILABLE DAILY

Hamburgers, Cheeseburgers, Breaded Chicken Sandwiches

Week of March 1 – March 5

Mon. Roast Beef & Cheddar on an Onion Bun  
Tues. BBQ Grilled Chicken & Cheddar Sandwich  
Wed. Pepperjack Cheeseburger  
Thurs. Chicken Cordon Bleu Sandwich  
Fri. Salsa Chicken Wrap

Week of March 8 – March 12

Mon. Bacon & Swiss Cheeseburger  
Tues. MME – No Lunch Service  
Wed. MME – Limited Lunch Service, Junior Class Only  
Thurs. MME – Limited Lunch Service, Junior Class Only  
Fri. BBQ Cheddar Grilled Chicken

Week of March 15 – March 19

Mon. Temperance Club Sandwich  
Tues. 1/2-Day of School – No Lunch Service  
Wed. Ham, Egg & Cheese Bagel  
Thurs. Pizza Burger  
Fri. Fish Sandwich with Cheese

Week of March 22 – March 26

Mon. Roast Beef & Cheddar on an Onion Bun  
Tues. Double Cheeseburger  
Wed. Rib-B-Que Sandwich  
Thurs. Mushroom Swiss Burger  
Fri. Bedford Club Sandwich

Week of March 29 – April 2

Mon. Roast Beef & Cheddar on an Onion Bun  
Tues. BBQ Grilled Chicken & Cheddar Sandwich  
Wed. Pepperjack Cheeseburger  
Thurs. Chicken Cordon Bleu Sandwich  
Fri. Good Friday – No Lunch Service



Lunch Price \$2.25

AVAILABLE DAILY

Fresh Baked Cheese & Pepperoni Pizza

Week of March 1 – March 5

Mon. "South of the Border" Chicken Pizza  
Tues. "Meat Lovers" Calzone  
Wed. Ham & Swiss Stromboli  
Thurs. Bacon, Cheddar, Ranch Pizza  
Fri. Cheese Stuffed Crust Pepperoni Pizza

Week of March 8 – March 12

Mon. Bar-B-Que Chicken Pizza  
Tues. MME – No Lunch Service  
Wed. MME – Limited Lunch Service, Junior Class Only  
Thurs. MME – Limited Lunch Service, Junior Class Only  
Fri. Cheese Stuffed Crust Cheese Pizza

Week of March 15 – March 19

Mon. Ham & Mushroom Pizza  
Tues. 1/2-Day of School – No Lunch Service  
Wed. "Meat Lovers" Stromboli  
Thurs. Hawaiian Chicken & Ham Pizza  
Fri. Cheese Stuffed Crust Pepperoni Pizza

Week of March 22 – March 26

Mon. Buffalo Chicken Pizza  
Tues. Three Cheese Spinach Calzone  
Wed. Sausage & Cheese Stromboli  
Thurs. Diced Chicken & Cheese Hot Pocket  
Fri. Cheese Stuffed Crust Hawaiian Ham & Pineapple Pizza

Week of March 29 – April 2

Mon. "South of the Border" Chicken Pizza  
Tues. "Meat Lovers" Calzone  
Wed. Ham & Swiss Stromboli  
Thurs. Bacon, Cheddar, Ranch Pizza  
Fri. Good Friday – No Lunch Service

A full student lunch includes choice of entrée, choice of two fruit/vegetable side dishes, and choice milk.

*Fruit/Vegetable Side Dish Choices Include:*

- Featured hot vegetable or fruit(s) of the day
- Tossed salad with choice of dressing
- Vegetable toppings for hot & cold sandwiches
- Featured fresh or chilled fruit(s) of the day

*Daily Milk Choices*

• Look for the **Balanced Choices** icons & signage in the cafeteria identifying vegetable, fruit, & low-fat milk accompaniments to complete one's **Balanced Choices** meal.



Lunch Price \$2.75

AVAILABLE DAILY

Sandwiches made-to-order with assorted breads, spreads, meats, cheeses, and vegetable toppings.

STUDENT SANDWICH CENTRAL LUNCH INCLUDES: Made-to-order sandwich, homemade vegetable pasta or macaroni salad, choice of one fruit or vegetable side dish, & choice of milk.



Lunch Price \$2.75

Specialty sandwiches made fresh daily. Meal includes lettuce & tomato, fruit side dish, & choice of milk.

Variety of specialty salads made fresh daily, packaged to "Grab N' Go!"

Sandwiches offered with fresh homemade vegetable pasta or macaroni salad, choice of fruit or vegetable side dish, & choice of milk.

Packaged salads offered with crackers, choice of fruit or vegetable side dish, & choice of milk.

YOGURT PARFAITS, \$2.25

Meal includes choice of two fruit or vegetable side dishes, & choice of milk.

## IncrEdibles

Lunch Price \$2.25

Week of March 1 – March 5

Mon. Four Season Panini  
Tues. Bosco Sticks & Marinara Sauce  
Wed. Sausage/Egg/Cheddar Panini  
Thurs. Chicken Nuggets, Mashed Potatoes, & Gravy  
Fri. Turkey & Swiss Panini

Week of March 8 – March 12

Mon. Pepperoni Pizza & Mozzarella Panini  
Tues. MME – No Lunch Service  
Wed. MME – Limited Lunch Service, Junior Class Only  
Thurs. MME – Limited Lunch Service, Junior Class Only  
Fri. "Double Dogs," ... 2-4-1 Hot Dogs

Week of March 15 – March 19

Mon. Mini Corn Dogs & Fries  
Tues. 1/2-Day of School – No Lunch Service  
Wed. Ham/Egg/Cheddar Panini  
Thurs. Chicken Nuggets, Mashed Potatoes, & Gravy  
Fri. Footlong Chili & Cheese Hot Dogs

Week of March 22 – March 26

Mon. Grilled Cheese & Tomato Soup  
Tues. Bosco Sticks & Marinara Sauce  
Wed. Turkey/Bacon/Cheddar Panini  
Thurs. Chicken Nuggets, Mashed Potatoes, & Gravy  
Fri. Spicy Chicken Tenders & Oven Fries

Week of March 29 – April 2

Mon. Four Season Panini  
Tues. Bosco Sticks & Marinara Sauce  
Wed. Ham/Egg/Cheddar Panini  
Thurs. Chicken Nuggets, Mashed Potatoes, & Gravy  
Fri. Good Friday – No Lunch Service



Watch for

### Balanced Choices Meal Suggestion

Full of flavor, packed with essential nutrients & sustainable energy to get one through their busy day and keep them on top of their game!

Look for the *Balanced Choices* icons & signs in the cafeteria identifying the vegetables, fruits, and low fat milk accompaniments offered to complete one's *Balanced Choices* meal.

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

## Bedford High School Lunch Menu March 2010

PROFILES  
in good taste



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Food Services Department

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