



2024



*** **DON'T FORGET!** ***

Set Your Clocks ahead 1 HOUR
before you go to bed on Saturday,
March 9 and change the batteries in
your smoke detectors too!

Bedford High School
Grades 9 -12

* Denotes Item Contains Pork

Breakfast offers the choice of one entree

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Pancakes Grab and Go Breakfast Bread Slice Pop Tart PB&J Pocket Bagel/Lt Cream Cheese Applesauce Cup Bearcat Parfait Apple Juice Low Fat Milk-Variety	Apple Cinn Texas Toast Pop Tart PB&J Pocket Breakfast Bread Slice Bagel/Lt Cream Cheese Mixed Fruit Cup Bearcat Parfait Apple Juice Low Fat Milk-Variety	Powdered Donut Holes Breakfast Bread Slice Pop Tart PB&J Pocket Bagel/Lt Cream Cheese Raisins Bearcat Parfait Orange Juice Low Fat Milk-Variety	Dream Waffle PB&J Pocket Breakfast Bread Slice Pop Tart Bagel/Lt Cream Cheese Flavored Craisins Bearcat Parfait Apple Juice Low Fat Milk-Variety	Breakfast Pizza Bagel Pop Tart PB&J Pocket Breakfast Bread Slice Bagel/Lt Cream Cheese Strawberry Cup Bearcat Parfait Mixed Fruit Juice 100% Low Fat Milk-Variety	Cal 483 T.Fat 9.40 G S.Fat 2.8 G Chol 10.6 Mg Sodm 355.17 Mg Carb 89.80 G Fiber 3.9 G Prtn 11.67 G Iron 0.95 Mg

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
4 Papa Johns Pizza PB&J Kit Carrot Sticks Green Beans Apple Juice Applesauce Cup Low Fat Milk-Variety Or Bearcat Salad Lunch	5 Chili w/Cheese Corn Bread Loaf Turkey & Cheese Wedge Corn Garden Salad & Dressing Peach Cup Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	6 Calzone w/ beef pepperoni Turkey Burger Broccoli Cherry Slushie Chilled Mandarin Oranges Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	7 Honey BBQ Beef Rib Corn Dog w/ Cheese Cup Red Veg Plate Cooked Carrots Fresh Apple Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	8 Honey Sriracha Chicken Nuggets Split Top Wheat Roll Cheesy Fish Sandwich Broccoli Walking Salad w/Dip Mixed Fruit Juice 100% Fresh Orange Quarters Low Fat Milk-Variety Or Bearcat Salad Lunch	Cal 701 T.Fat 20.72 G S.Fat 6.0 G Chol 56.0 Mg Sodm 1153.64 Mg Carb 101.35 G Fiber 7.8 G Prtn 29.79 G Iron 5.15 Mg Calc 463.30 Mg Vit A 38.00 RE Vit C 65.20 Mg

*Ingredients and menu items are subject to
change or substitution without notice.*

Menu offers the choice of one entree

"This Institution is an equal
opportunity provider."

Grilled Cheese will be
available as a no
meat option on Fridays
during Lent.

SPRING BREAK 2024 NO
SCHOOL March 25th thru April
1st. **HAVE A WONDERFUL
VACATION!!!**



well hello, march

2024



Bedford High School

Grades 9 -12

Menu offers the choice of one entree

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
11 Papa Johns Pizza Hot Dog (turkey) Green Beans Cooked Carrots Chilled Peaches Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	12 Italian Meatball Sub Grilled Cheese Broccoli Cherry Slushie Applesauce Cup Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	13 Chicken Quesadilla Salsa Cup Turkey & Cheese Wedge Carrot Sticks Chick Pea Salad Fresh Pear Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	14 French Bread Pizza PB&J Kit Cuc & Tomato/Dip Carrot Sticks Apple Juice Fresh Orange Quarters Low Fat Milk-Variety Or Bearcat Salad Lunch	15 Holiday Nuggets W/BBQ Split Top Wheat Roll Cheesy Fish Sandwich Potato Emoticons Corn Fruit Cocktail Apple Juice Ice Cream Sandwich Low Fat Milk-Variety Or Bearcat Salad Lunch	Cal 684 T.Fat 18.06 G S.Fat 6.0 G Chol 42.9 Mg Sodm 1239.00 Mg Carb 105.84 G Fiber 8.5 G Prtn 27.17 G Iron 4.13 Mg Calc 499.44 Mg Vit A 41.35 RE Vit C 38.90 Mg
18 Papa Johns Pizza PB&J Kit Walking Salad w/Dip Peach Cup Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	19 Chicken Drumstick Split Top Wheat Rolls BBQ Pork Sandwich* Au Gratin Potatoes Mixed Vegetables Mixed Fruit Cup Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	20 Hot Dog (turkey) Cheeseburger Minis Crinkle Cut Fries Cooked Carrots Chilled Mandarin Oranges Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	21 Cheeseburger Jumbo Cheese Ravioli in sauce w/ roll Peas Red Veg Plate Fruit Cocktail Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	22 Chicken Patty on Bun Cheesy Fish Sandwich Corn Vegetarian Baked Beans Chilled Pears Mixed Fruit Juice 100% Low Fat Milk-Variety Or Bearcat Salad Lunch	Cal 738 T.Fat 19.58 G S.Fat 5.5 G Chol 56.5 Mg Sodm 1250.95 Mg Carb 112.27 G Fiber 9.5 G Prtn 30.27 G Iron 5.65 Mg Calc 427.41 Mg Vit A 42.07 RE Vit C 52.87 Mg

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CENTRAL & GLENDALE
PRIMARY SCHOOLS
GRADES K-2

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Pop Tart Raisins Orange Juice Low Fat Milk-Variety	Dream Waffle Mixed Fruit Cup Apple Juice Low Fat Milk-Variety	Banana Bread Slice Flavored Craisins Apple Juice Low Fat Milk-Variety	Cinnamon Roll Fresh Apple Slices bag Apple Juice Low Fat Milk-Variety	UBR Choc Chip Applesauce Cup Orange Juice Low Fat Milk-Variety	Cal 519 T.Fat 9.42 G S.Fat 3.5 G Chol 15.7 Mg

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
4 Cheese Stuffed Breadstick w/ Dip Green Beans Apple Crisps Low Fat Milk-Variety	5 Ham and Cheese Stuffer Walking Salad w/Dip Chick Pea Salad Chilled Peaches Low Fat Milk-Variety	6 Chicken Fingers w/BBQ Educational Snack Cuc & Tomato w/Dip Broccoli Applesauce Cup	7 Papa Johns Pizza Broccoli and Dip Carrot Sticks Fresh Apple Low Fat Milk-Variety	8 Taco Stick Salsa Cup Steamed Cauliflower Apple Juice Low Fat Milk-Variety	Cal 640 T.Fat 16.04 G S.Fat 5.8 G Chol 43.1 Mg Sodm 1178.51 Mg Carb 94.60 G
11 Crazy Cheese Bread Marinara Cups Corn Chilled Mandarin Oranges Low Fat Milk-Variety	12 Bearcat Pizza Bagel Vegetarian Baked Beans Carrot Sticks Strawberry Kiwi Slushie Low Fat Milk-Variety	13 Ham(turkey) & Cheese Sandwich Carrot Sticks Broccoli and Dip Applesauce Cup Low Fat Milk-Variety	14 Papa Johns Pizza Garden Salad & Dressing Green Beans Peach Cup Low Fat Milk-Variety	15 Holiday Nuggets W/BBQ Potato Emoticons Mixed Vegetables Apple Juice Ice Cream Sandwich	Cal 654 T.Fat 16.82 G S.Fat 7.0 G Chol 39.1 Mg Sodm 1224.77 Mg Carb 100.70 G
18 Chicken Patty on Bun Crinkle Cut Fries Dragon Punch Juice Fruit Cocktail Low Fat Milk-Variety	19 Corn Dog (chicken) Broccoli and Dip Carrot Sticks Mixed Fruit Cup Low Fat Milk-Variety	20 Crazy Cheese Bread Marinara Cups Corn Chilled Mandarin Oranges Low Fat Milk-Variety	21 Papa Johns Pizza Garden Salad & Dressing Carrot Sticks Applesauce Cup Low Fat Milk-Variety	22 Cheese Quesadilla Chick Pea Salad Fresh Banana Low Fat Milk-Variety	Cal 663 T.Fat 18.36 G S.Fat 6.5 G Chol 39.1 Mg Sodm 1094.62 Mg Carb 97.45 G

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HESKETT MIDDLE SCHOOL Grade 6, 7 & 8

Breakfast offers the choice of one entree

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apple Cinn Texas Toast Pop Tart PB&J Pocket Bage/Lt Cream Cheese Breakfast Bread Slice Applesauce Cup Bearcat Parfait Apple Juice Low Fat Milk-Variety	Powdered Donut Holes Pop Tart PB&J Pocket Bage/Lt Cream Cheese Breakfast Bread Slice Peach Cup Bearcat Parfait Orange Juice Low Fat Milk-Variety	Breakfast Pizza Bagel Pop Tart PB&J Pocket Bage/Lt Cream Cheese Breakfast Bread Slice Raisins Bearcat Parfait Apple Juice Low Fat Milk-Variety	Dream Waffle Pop Tart PB&J Pocket Bage/Lt Cream Cheese Breakfast Bread Slice Fresh Apple Slices bag Bearcat Parfait Orange Juice Low Fat Milk-Variety	Strawberry Cr Cheese Bagel Pop Tart PB&J Pocket Bage/Lt Cream Cheese Breakfast Bread Slice Mixed Fruit Cup Bearcat Parfait Apple Juice Low Fat Milk-Variety	Cal 514 T.Fat 10.41 G S.Fat 3.6 G Chol 14.7 Mg Sodm 412.54 Mg Carb 93.23 G Fiber 3.7 G Prtn 13.81 G Iron 2.18 Mg

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
4 Papa John's Pizza Green Beans Carrot Sticks Applesauce Cup Low Fat Milk-Variety	5 Honey BBQ Beef Rib Italian Sub Corn Fresh Veggie Plate w/dip Straw/Mango Slushie Low Fat Milk-Variety	6 Chili w/Corn Loaf PB&J Kit Broccoli Carrot Sticks Fresh Apple Slices bag Low Fat Milk-Variety	7 Cheese Stuffed Breadstick w/ Dip Italian Meatball Sub Cuc & Tomato w/Dip Mixed Fruit Juice 100% Low Fat Milk-Variety	8 Pepperroni Pizza Cheesy Fish Sandwich Garden Salad & Dressing Cooked Carrots Chilled Pears Low Fat Milk-Variety	Cal 662 T.Fat 19.14 G S.Fat 6.7 G Chol 51.3 Mg Sodm 1136.80 Mg Carb 94.80 G Fiber 7.0 G Prtn 29.29 G
11 Papa John's Pizza Wango Mango Juice Green Beans Fresh Orange Quarters Low Fat Milk-Variety	12 CHEETO Mac & Cheese PB&J Kit Peas Carrot Sticks Sour Cherry-Lemon Cup Low Fat Milk-Variety	13 Chicken Patty on Bun Ham and Cheese Stuffer Cooked Carrots Celery Sticks Pineapple Tidbits Low Fat Milk-Variety	14 Cheeseburger Minis Corn Dog w/ Cheese Cup Corn Broccoli and Dip Applesauce Cup Low Fat Milk-Variety	15 Holiday Nuggets W/BBQ Split Top Wheat Roll Cheesy Fish Sandwich Potato Emoticons Vegetarian Baked Beans Apple Juice Ice Cream Sandwich Low Fat Milk-Variety	Cal 745 T.Fat 18.82 G S.Fat 6.4 G Chol 46.2 Mg Sodm 1384.18 Mg Carb 115.37 G Fiber 8.5 G Prtn 29.83 G
18 Papa John's Pizza Walking Salad w/Dip Broccoli Chilled Peaches Low Fat Milk-Variety	19 Chicken Drumstick Split Top Wheat Roll Au Gratin Potatoes Cooked Carrots Mixed Fruit Cup Low Fat Milk-Variety	20 Calzone w/ beef pepperoni PB&J Kit Veggie California Blend Cuc & Tomato w/Dip Chilled Mandarin Oranges Low Fat Milk-Variety	21 Chicken Quesadilla Salsa Cup Jumbo Cheese Ravioli in sauce w/roll Chick Pea Salad Pineapple Tidbits Low Fat Milk-Variety	22 Cheeseburger Cheesy Fish Sandwich Corn Garden Salad & Dressing Mixed Fruit Juice 100% Low Fat Milk-Variety	Cal 780 T.Fat 24.52 G S.Fat 7.8 G Chol 50.9 Mg Sodm 1327.48 Mg Carb 107.79 G Fiber 9.2 G Prtn 33.62 G

Menu offers the choice of one entree

Grilled Cheese will be available as a no meat option on Fridays during Lent



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Daylight
Savings Time



**CARYL WOOD &
COLUMBUS
INTERMEDIATE
GRADES 3, 4, & 5**

2024

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Pop Tart (1wg) Applesauce Cup Apple Juice	Cereal Bar (1wg) Fresh Apple Slices bag Orange Juice	Cinnamon Roll Fresh Mandarin Orange Apple Juice	Apple Frudel Fresh Banana Orange Juice	Dream Waffle Raisins Apple Juice	Cal 470 T.Fat 7.68 G S.Fat 2.8 G

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
4 Corn Puppies (turkey) & Condiments Corn Sweet Potato Fries Applesauce Cup Low Fat Milk-Variety	5 CHEETO Macaroni & Cheese Green Beans Carrot Sticks Chilled Pears Low Fat Milk-Variety	6 Chili w/Cheese Corn Loaf Broccoli Carrot Sticks Mandarin Oranges Low Fat Milk-Variety	7 Cheeseburger Vegetarian Baked Beans Potato Smiles Fresh Apple Low Fat Milk-Variety	8 Papa John's Pizza Garden Salad & Dressing Carrot Sticks Apple Juice Low Fat Milk-Variety	Cal 708 T.Fat 19.58 G S.Fat 6.5 G Chol 49.4 Mg Sodm 1135.44 Mg Carb 106.80 G
11 Cheese Stuffed Breadstick w/ Dip Veggie California Blend Pineapple Tidbits Low Fat Milk-Variety	12 Taco Stick Salsa Cup Broccoli Strawberry Kiwi Slushie Low Fat Milk-Variety	13 Papa John's Pizza Corn Carrot Sticks Applesauce Cup Low Fat Milk-Variety	14 Pop Corn chicken Goldfish Vegetarian Baked Beans Potato Smiles	15 Holiday Nuggets W/BBQ Potato Emoticons Green Beans Chilled Peaches	Cal 692 T.Fat 15.60 G S.Fat 5.9 G Chol 44.3 Mg Sodm 1259.38 Mg
18 Corn Dog (chicken)wg Cooked Carrots Dragon Punch Juice Fruit Cocktail Low Fat Milk-Variety	19 Meatballs & Marinara Bread Stick Twist Collard Greens w/ onion Mixed Fruit Cup Low Fat Milk-Variety	20 Chicken and Waffle Mashed Potatoes Corn Mandarin Oranges Low Fat Milk-Variety	21 Walking Taco Fiesta Bean Salad Fresh Orange Quarters Low Fat Milk-Variety	22 Papa John's Pizza Walking Salad w/Dip Green Beans Applesauce Cup Low Fat Milk-Variety	Cal 675 T.Fat 19.17 G S.Fat 6.4 G Chol 50.1 Mg Sodm 1168.18 Mg Carb 99.65 G

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CENTRAL & GLENDALE PRE K

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Monday	Tuesday	Wednesday	Thursday	Friday	nutrients
Pop Tart Raisins Orange Juice White Milk 1%	Dream Waffle Mixed Fruit Cup Apple Juice White Milk 1%	Breakfast Bread Slice Flavored Craisins Apple Juice White Milk 1%	Cinnamon Bun Fresh Apple Slices bag Apple Juice White Milk 1%	UBR Choc Chip Applesauce Cup Orange Juice White Milk 1%	Cal 476 T.Fat 9.90 G S.Fat 4.1 G Chol 18.6 Mg

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
4 Cheese Stuffed Breadstick w/ Dip Green Beans Apple Crisps White Milk 1%	5 Ham and Cheese Stuffer Walking Salad w/Dip Chick Pea Salad Chilled Peaches White Milk 1%	6 Chicken Fingers w/BBQ Educational Snack Cuc & Tomato w/Dip Broccoli Applesauce Cup White Milk 1%	7 Papa Johns Pizza Broccoli and Dip Carrot Sticks Fresh Apple White Milk 1%	8 Taco Stick Salsa Cup Steamed Cauliflower Apple Juice White Milk 1%	Cal 597 T.Fat 16.51 G S.Fat 6.1 G Chol 45.0 Mg Sodm 1144.61 Mg Carb 82.14 G
11 Crazy Cheese Bread Marinara Cups Corn Chilled Mandarin Oranges White Milk 1%	12 Bearcat Pizza Bagel Vegetarian Baked Beans Carrot Sticks Strawberry Kiwi Slushie White Milk 1%	13 Ham(turkey) & Cheese Sandwich Carrot Sticks Broccoli and Dip Applesauce Cup White Milk 1%	14 Papa Johns Pizza Garden Salad & Dressing Green Beans Peach Cup White Milk 1%	15 Holiday Nuggets w/BBQ Potato Emoticons Mixed Vegetables Apple Juice White Milk 1%	Cal 591 T.Fat 16.90 G S.Fat 7.0 G Chol 41.0 Mg Sodm 1170.87 Mg Carb 84.44 G
18 Chicken Patty on Bun Crinkle Cut Fries Dragon Punch Juice Fruit Cocktail White Milk 1%	19 Corn Puppies (turkey) & Condiments Broccoli and Dip Carrot Sticks Mixed Fruit Cup White Milk 1%	20 Crazy Cheese Bread Marinara Cups Corn Chilled Mandarin Oranges White Milk 1%	21 Papa Johns Pizza Garden Salad & Dressing Carrot Sticks Applesauce Cup White Milk 1%	22 Cheese Quesadilla Salsa Cup Chick Pea Salad Fresh Banana White Milk 1%	Cal 625 T.Fat 19.44 G S.Fat 6.7 G Chol 40.0 Mg Sodm 1057.72 Mg Carb 85.39 G

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