Chartwells 2015-2016
Bedford Public Schools
September Preschool Menu

	Monday	Tuesday	Wednesday	Thursday	
	7 ***Welcome Back Students**	8 **B:**Bagel w/ Cream Cheese & Apple Juice **L.** Chef Salad w/ Cucumber Coins, Cherry Tomatoes, Dinner Roll & Sliced Banana **SK**. Cottage Cheese w/ Cucumber Coins & Pretzels	9 **B**:Blueberry Muffin & Apple Slices **L**. Breaded Chicken Patty on Whole Bun, Steamed Broccoli & Apple Slices **SK.** Tortilla Rounds, Salsa, String Cheese	10 **B**. Cheerios Cereal Bar & Apple Juice **L.** Italian Cheesy Dunkers, Tossed Salad & Orange Wedges **SK**. Mini Bagels w/ Marinara Sauce & Mozzarella Cheese	**ALL MEALS COME WITH CHOICE OF MIILK**
	14 **B** Strawberry, Banana Yogurt & Banana **L:** Mashed Potato, Popcorn Chicken Bowl, Seasoned Corn, Dinner Roll, Orange Wedges **SK** :Cheddar Goldfish Crackers & String Cheese	15 **B**. Strawberry Nutri Grain Bar & Apple Juice **L.** Spaghetti & Meatballs, Steamed Mixed Vegetables, Dinner Roll, Petite Banana **Sk.** Teddy Grahams & Raspberry Yogurt	16 **B.** Golden Graham Cereal & Apple Slices **L.** Creamy Macaroni & Cheese, Chopped Romaine w/ Light Ranch Dressing, Dinner Roll, Orange Smiles **SK**. Cantaloupe Cups & Animals Crackers	17 **B**. Bagel w/ Cream Cheese & Apple Juice **L.** Chicken Tacos, Refried Beans, , Seasoned Corn, Petite Banana **Sk.** Cucumbers Coins, Low Fat Ranch & Cheez it	**FRESH FRUIT INCLUCES: APPLES, BANANAS, ORANGES**
	21 **B.** Apple Cinnamon Nutri Grain Bar & Apple Slices **L.** Italian Meatball Sub, Steamed Broccoli, Orange Wedges **SK.** Cottage Cheese, Cucumber Coins & Pretzels	22 **B.** Banana Muffin & Apple Juice **L**. Pizza Casserole, Tossed Salad w/ Light Ranch Dressing, Dinner Roll, Petite Banana **SK**. Tortilla Rounds, Salsa & String Cheese	23 **B.** Chex Rice Cereal & Blueberries **L.** Oven Baked Chicken Nuggets, Potato Smiles, Seasoned Corn, Dinner Roll, Orange Smiles **SK.** Bug Bits Graham Crackers & String Cheese	24 **B**. Bagel w/ Cream Cheese, Apple Juices **L.** Cheese Tortellini, Steamed Broccoli, Dinner Roll, Apple Slices **SK**. Carrot Sticks, Low Fat Ranch & Mini Pretzels	**ALL JUICE IS 100% FRUIT JUICE**
	28 **B**. Cheerios & Strawberries **L**. Italian Cheesy Dunkers, Steamed Broccoli & Orange Wedges **SK.** Raisins & Cheddar Goldfish Crackers	29 **B.** Banana Chocolate Benefit Bar & Apple Juice **L.** Creamy Macaroni & Cheese, Steamed Broccoli, Applesauce **SK.** Mini Bagels, Marinara Sauce & Mozzarella Cheese	30 **B.** Banana, Strawberry Yogurt & Blueberries **L.** Cheese Pizza, Tossed Salad w/ Light Ranch Dressing, Petite Banana **SK.** Cinnamon Graham Crackers & Strawberry Yogurt	1 **B.** Bagel w/ Cream Cheese, Apple Slices **L.** Oven Baked Chicken Nuggets, Steamed Carrots, Orange Wedges **SK.** Celery Sticks & Sun Butter	**ALL GRAINS ARE WHOLE GRAIN**
	Alternate Meal Chicken Nuggets, Potato Smiles, Orange Wedges	Alternate Meal Chef Salad w/ Italian Dressing, Mini Bagels, Apple Slices	Alternate Meal Mini Ham or Turkey Bagel Sandwich, Baby Carrots, Banana	Alternate Meal Grilled Chicken, Steamed Broccoli, Mini Bagels, Apple Sauce	All Alternate meals are Milk & Egg free

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Questions? Please call:
Carrie Hall
(734) 850-6127

A full student lunch includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate