








May/June 2012

Northern Bedford Elementary Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	1 Chicken noodle soup Egg salad sandwich *Turkey sandwich Carrots, celery & pickles Cherry cobbler or Fresh apple Milk variety	2 Deli ham sandwich *Chef salad Baked fries Green beans Sherbert or Orange Milk variety	3 Pizza casserole *Turkey sandwich Lettuce salad Warm bread stick Chilled fruit Milk variety	4 Walking taco *PB & J sandwich Mixed vegetables Choice of fruit Milk variety	Cal 611 T.Fat 18.33 G S.Fat 6.6 G Chol 71.9 Mg Sodm 1455.29 Mg Caro 83.34 G Fiber 4.7 G Prtn 29.93 G Iron 3.06 Mg Calc 456.11 Mg Vit A 291.80 RE Vit C 18.54 Mg
7 Steak & cheese sandwich *PB & J sandwich Baked fries Golden corn Fruit salad or Fresh apple Milk variety	8 Chicken sandwich *Turkey sandwich Baked potato rounds Carrot coins Jello & pineapple or Orange Milk variety	9 French toast sticks Sausage *Chef salad Hash brown potato Choice of juice Milk variety	10 Stuffed crust pizza *Turkey sandwich Toss salad Assorted fruit Milk variety	11 Ham wrap *PB & J sandwich Seasoned rice Buttered broccoli Chilled fruit Milk variety	Cal 767 T.Fat 27.25 G S.Fat 9.1 G Chol 51.4 Mg Sodm 1399.93 Mg Caro 104.96 G Fiber 5.8 G Prtn 28.83 G Iron 3.54 Mg Calc 491.70 Mg Vit A 397.69 RE Vit C 24.49 Mg
 School Nutrition Employee Week 					
14 Hamburger w/roll *PB & J sandwich Smiley potatoes Green beans Choice of fruit Milk variety	15 Ham pattie sandwich *Turkey sandwich Warm pretzel rod Wax beans and cheese sauce Fruit selections Milk variety	16 Macaroni and cheese Popcorn shrimp *Chef salad Tasty peas Stewed tomatoes Assorted fruit Bread Milk variety	17 Tomato soup w/ crackers Grilled cheese sandwich *Turkey sandwich Pickles, celery & carrots Apple crisp or Orange Milk variety	18 Chicken strips *PB & J sandwich Baked potato w/fixings Winter blend vegetables Chilled fruit Milk variety	Cal 726 T.Fat 25.74 G S.Fat 8.3 G Chol 62.4 Mg Sodm 1519.38 Mg Caro 94.82 G Fiber 6.5 G Prtn 31.00 G Iron 3.78 Mg Calc 432.77 Mg Vit A 264.35 RE Vit C 26.28 Mg
21 Spaghetti w/meat sauce *PB & J sandwich Lettuce salad Cheese Peach slices or Fresh apple Italian bread Milk variety	22 Vegetable beef soup PB & J sandwich *Turkey sandwich Carrot sticks Choice of pudding or Orange Milk variety	23 Cheese pizza *Chef salad Toss salad Birthday desert or Fresh apple Milk variety 	24 Chicken nuggets w/fixing *Turkey sandwich Baked fries Mixed vegetables Fresh fruit selections Bread Milk variety	25 Turkey wrap *PB & J sandwich Rice Buttered broccoli Frozen fruit pop or Fresh apple Milk variety 	Cal 697 T.Fat 21.00 G S.Fat 6.6 G Chol 35.1 Mg Sodm 1607.79 Mg Caro 96.11 G Fiber 4.7 G Prtn 30.60 G Iron 3.50 Mg Calc 484.05 Mg Vit A 438.87 RE Vit C 21.47 Mg
	29 Ham BBQ sandwich Nacho chips w/ cheese *Turkey sandwich Golden corn Fruit selections Milk variety	30 Hamburger w/roll *Chef salad Baked fries Carrot coins Jello with topping or Fresh apple Milk variety	31 Chicken selections *Turkey sandwich Baked potato rounds Green beans Fresh fruit selections Bread Milk variety	1 Cold cut hoagie *PB & J sandwich Pretzels Fresh vegetables w/dip Sherbert or Fresh apple Milk variety	Cal 803 T.Fat 28.12 G S.Fat 9.4 G Chol 57.6 Mg Sodm 1801.62 Mg Caro 108.08 G Fiber 6.1 G Prtn 32.79 G Iron 4.26 Mg Calc 481.21 Mg Vit A 563.74 RE Vit C 22.84 Mg
4 Hot dog on roll *PB & J sandwich Baked beans Creamy coleslaw Fruit selections Chocolate chip cookie Milk variety	5 Cooks choice of sandwich Potato selections Vegetable selections Fruit selections Milk variety	6 Uncrustable sandwich Baked chips Carrot sticks Applesauce Milk variety			Cal 745 T.Fat 25.73 G S.Fat 7.7 G Chol 41.5 Mg Sodm 1311.34 Mg Caro 105.48 G Fiber 7.5 G Prtn 27.18 G Iron 4.01 Mg Calc 410.53 Mg Vit A 601.40 RE Vit C 23.91 Mg