



October

New Bedford Academy Lunch Menu



2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Daily Lunch Milk Choices: 1% White, Fat-free Chocolate	3 Chicken Nuggets, Fries, Baby Carrots, Fruit, Milk	4 Macaroni & Cheese, Green Beans Fruit, Milk	5 Mini Corn Dogs, Tater Tots, Baked Beans, Fruit, Milk	6 Pasta w/Meatballs, Green Beans, Dinner Roll, Fruit, Milk	7 Pepperoni or Cheese Pizza, Broccoli, Fruit, Milk	8 Fresh fruits and vegetables are subject to change due to availability.
9 <i>This institution is an equal opportunity provider</i>	10 Chicken Strips, Tater Tots, Celery, Fruit, Milk	11 Grilled Cheese, Chips, Fruit, Milk	12 Soft Shell Taco w/ Cheese, Salsa, Refried Beans, Fruit, Milk	13 Turkey Sub on Bun w/Cheese, Chips, Fruit, Milk	14 Pepperoni or Cheese Pizza, Baby Carrots, Fruit, Milk	15 Fresh fruit normally served. If canned fruits are packed in light syrup.
16	17 Chicken Sandwich / Bun, Fries, Baby Carrots, Fruit, Milk	18 Bosco Stix w/ Sauce, Cucumbers, Fruit, Milk	19 Hot Dog/Bun, Celery, Chips, Fruit, Milk	20 Pasta w/Meatballs, Green Beans, Dinner Roll, Fruit, Milk	21 Pepperoni or Cheese Pizza, Romaine Lettuce, Fruit, Milk	22 All bread products are whole grain
23	24 Chicken Nuggets, Fries, Baby Carrots, Fruit, Milk	25 Ham and Cheese Sub, Chips, Fruit, Milk	26 Chicken Alfredo, Corn, Dinner Roll, Fruit, Milk	27 Mini Corn Dogs, Tater Tots, Baked Beans, Fruit, Milk	28 Pepperoni or Cheese Pizza, Celery, Fruit, Milk	29
30	31 No Lunch Served <u>Early Release</u> 11:15					