


Beverly Public Schools
Middle Lunch Menu
September 2019
Complete Lunch \$3.00 (Reduced Priced Lunch \$.40)
Milk \$.75 Adult \$4.50

Rev Date 8/30/18

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Ham & Cheese Sub Black Bean Salad Celery Sticks Fruit Selection	Cheese Pizza Side Garden Salad Carrot Sticks Fruit Selection	Hamburger /Cheeseburger Lettuce/Tomato Slices French Fries Side Garden Salad Fruit Selection	Hot Dog on Roll Baked Beans Cole Slaw Fruit Selection
9	10	11	12	13
Chicken Tenders Rice Peas Cucumber Fruit Selection	Macaroni & Cheese Roasted Broccoli Carrot Sticks Fruit Selection	Cheese Pizza Side Caesar Salad Celery Sticks Fruit Selection	Taco Nachos w/ Cheese Sauce Sizzling Black Beans Carrot Sticks Fruit Selection	Turkey & Cheese Sub Red Peppers Celery Sticks Fruit Selection
16	17	18	19	20
Chicken Tenders Dinner Roll Baby Carrots Corn Raisins/Pear	Nachos w/ Cheese Sauce Sliced Olives Refried Beans Peaches Apple	Pizza Kale Caesar Salad Sliced Cucumber Strawberry Cup Applesauce	BBQ Teryaki Chicken Brown Rice Stir Fry Vegetables Red Pepper Strips Craisins/Diced Pear	Penne & Meatballs Garlic Bread Spinach Salad Peach Cup Pineapple Tidbits
23	24	25	26	27
Cheeseburger Vegetarian Beans French Fries Craisins Banana	Chicken & Waffles Mashed Butternut Squash Celery Sticks Baked Apples Mixed Fruit	Pizza Crunchers Spinach Salad Roasted Broccoli Diced Peaches Fresh Pear	Mac & Cheese Green Beans Baby Carrots Pineapple Tidbits Strawberry Cup	Ham & Cheese Tomato Soup Caesar Salad Diced Peaches Apple
30				
Orange Chicken Egg Roll Steamed Broccoli Apple Pineapple	<p>Did you know we serve breakfast daily!!!! Be sure to have your students start their day off right and have energy to fuel the day!</p>			

Daily Alternate
- Yogurt Parfait Meal
- Sunbutter & Jelly

Gluten Free Menu
Monday - GF Nuggets or Tenders
Tuesday – Grilled cheese on GF Bread
Wednesday – GF Pizza
Thursday – Hamburger on GF Roll
Friday – GF Chicken Tenders
Daily – Sunbutter & jelly on Gluten free Bread
Includes fruit & veggie sides & choice of low fat milks

All menus subject to Change

This institution is an equal opportunity provider and employer.
Questions or comments, please contact Philip Frehill at 978-921-6132 x11129.
F&R Meal Applications are available online at lunchapp.net
Food Services has Part time kitchen worker positions available. Please contact Philip Frehill @ 978-921-6132 x11129

