

Boston Public Schools

K-8 Lunch Satellite Menu

April 2017

DID YOU KNOW...

- All grain products are whole grain rich
- There are no pork products in this menu
- Meats are lean and cheeses are low fat
- The food sourced contain; No HFCS, No Nitrates or Nitrites, & No Artificial Flavors, Colors or Sweeteners.

Nutrition Highlight:

Potatoes

- Potatoes are high in Vitamin C. This vitamin is important because it helps prevent us from becoming sick and boosts the immune system.
- Choline is an important nutrient in potatoes that helps with brain function, muscle movement, and sleep.
- The fiber, potassium, Vitamin B-6 and B3 support good heart health.

LUNCH INCLUDES

1% milk
fat free milk
fat free chocolate milk

WE OFFER BREAKFAST DAILY

PLEASE NOTE

- “v” indicates vegetarian meal options
- If you have a food allergy, please speak to your school nurse
- Menu is subject to change

Dept. of Food & Nutrition Services

(617) 635 9144

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Macaroni and Cheese^v 3 Steamed Broccoli Beef Meatball Sub Steamed Broccoli Chilled Fruit	Chicken and Cheese 4 Rice Bowl Black Bean & Tomato SunButter & Jelly Sandwich, Cheese Stick ^v Chickpea Salad Fresh Fruit	BBQ Meatballs w/ 5 Corn Muffin Steamed Green Beans Buffalo Chicken Salad w/ Italian Dressing & Dinner Roll Fresh Fruit	Chicken Teriyaki 6 Brown Rice Peas & Carrots Hamburger Fiesta Corn Mayo/Ketchup/Mustard Fresh Fruit	Cheese Pizza^v 7 Fresh Carrots w/ Ranch Dressing Chicken Caesar Salad w/ Caesar Dressing Fresh Fruit
Toasted Cheese 10 Sandwich^v Corn & Red Pepper Salad Cheesy Beef & Bean Bowl Corn Muffin Fiesta Corn Chilled Fruit	Hamburger 11 Baked Beans Mayo/Ketchup/Mustard SunButter & Jelly Sandwich, Cheese Stick ^v Chickpea Salad Fresh Fruit	Spaghetti & 12 Meatballs Steamed Broccoli Chicken Caesar Salad w/ Caesar Dressing Fresh Fruit	Cheese Pizza^v 13 Fresh Carrots w/ Ranch Dressing Orange Ginger Chicken Over Brown Rice Steamed Green Beans Fresh Fruit	No School Good Friday 14
17 No School Patriots' Day	18 No School Spring Recess	19 No School Spring Recess	20 No School Spring Recess	21 No School Spring Recess
SunButter & Jelly 24 Sandwich Cheese Stick^v Chickpea Salad Hamburger Black Bean & Tomato Mayo/Ketchup/Mustard Fresh Fruit	Chimichurri Chicken 25 w/ Brown Rice Plantains Toasted Cheese Sandwich ^v Corn & Red Pepper Salad Fresh Fruit	Chicken & Broccoli 26 Alfredo w/ Penne Pasta Pasta w/ Tomato Meat Sauce & Cheese Steamed Broccoli Fresh Fruit	Chicken Tenders 27 Sweet Potatoes Ketchup Buffalo Chicken Salad w/ Italian Dressing & Dinner Roll Fresh Fruit	Cheese Pizza^v 28 Fresh Carrots w/ Ranch Dressing Greek Salad ^v w/ Italian Dressing & Kaiser Roll Fresh Fruit
				