
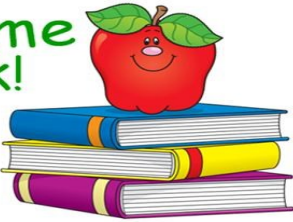


K-8 Menu September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1	2	 <p>Additional Menu Items: Monday, Wednesday, Friday: Peanut Butter and Jelly Sandwich^V Tuesday and Thursday: Homemade Toasted Three Cheese Sandwich^V Offered Daily: Assorted Grab and Go Options^V</p> <p>Did You Know?: Breakfast and Lunch is FREE for all Students</p> <p>Breakfast Milk Choices 1 % Plain & Nonfat Plain Lunch Milk Choices 1% Plain, Nonfat Plain, & Chocolate</p> <ul style="list-style-type: none"> • Bolded breakfast items are for breakfast in the classroom schools • All cereals are whole grain and low in sugar • A variety of cold breakfast items offered daily • All grain products are whole grain rich • Meats are lean and cheeses are low fat • No pork products on this menu • A variety of fresh fruits and vegetables offered daily • A variety of condiments are offered daily • All menu items that contain peanuts or tree nuts as an ingredients are clearly named • "V" indicates vegetarian meal options <p>Please Note:</p> <ul style="list-style-type: none"> • If you have a food allergy please speak to the school nurse and advise your kitchen manager • Menu is subject to change <p><i>To find out more about BPS Food and Nutrition Services visit us at: http://www.bostonpublicschools.org/fns</i> Dept. of Food & Nutrition Services, 370 Columbia Road, Boston, Ma 02125 (617) 635 9144</p>
5	6 Welcome Back! 	7	8 French Toast Sticks Or Cinnamon Breakfast Round Fresh Fruit Cheeseburger/Hamburger Or Baked Chicken Tenders with a Roll Garden Salad Fresh Fruit	9 Egg and Cheese Sandwich on a Biscuit Or Assorted Cereal w/ Grahams Fresh Fruit Buffalo Chicken Pizza or Cheese Pizza ^V Or Turkey and Cheese Sub Baby Carrots Fresh Fruit	
12 Breakfast Burrito Or Assorted Cereal w/ a Cheese Stick Fresh Fruit Creamy Macaroni and Cheese ^V Or Beef Meatball Sub Broccoli Fresh Fruit	13 Maple Buttermilk Pancakes Or Pan Dulce/Concha Fresh Fruit Spanish Rice with Fajita Chicken Or ^{NEW} Jamaican Beef Patty with Salsa Dipping Sauce Oven Baked Plantains Fresh Fruit	14 Homemade Oatmeal w/ Cinnamon and Raisins Or Fruited Yogurt w/ Grahams Fresh Fruit BBQ Chicken Drumstick with a Corn Muffin Or Chicken Caesar Salad Mashed Potatoes and/or Baked Beans Fresh Fruit	15 Egg and Cheese Sandwich on a Biscuit Or Whole Grain Bagel w/ Cream Cheese Fresh Fruit Tangerine Chicken Over Brown Rice Or Spicy Chicken Wrap Tomato and Cucumber Salad Fresh Fruit	16 Whole Grain Waffles Or Assorted Cereal w/ Grahams Fresh Fruit Vegetable Pizza or Cheese Pizza ^V Or Turkey and Cheese Sub Green Beans Fresh Fruit	
19 Cinnamon Spiced Pancakes Or Berry Apple Crisp Bar Fresh Fruit Black Bean Burrito Bowl ^V Or Cheeseburger/Hamburger Roasted Sweet Potato Wedge Fresh Fruit	20 French Toast Sticks Or Whole Grain Bagel w/ Cream Cheese Fresh Fruit Beef Tacos on a Crunchy Shell Or Baked Chicken Tenders w/ a Roll Oven Baked Plantains Fresh Fruit	21 Breakfast Burrito Or Fruited Yogurt w/ Grahams Fresh Fruit Spaghetti and Meatballs with Garlic Bread Or Southwestern Salad w/ Chicken Garden Salad Fresh Fruit	22 Whole Grain Waffles Or Assorted Cereals w/ a Cheese Stick Fresh Fruit Chicken Curry over Brown Rice Or Jamaican Beef Patty with Salsa Dipping Sauce Cucumber Slices and/or Chickpea Salad Fresh Fruit	23 Egg and Cheese Sandwich on a Biscuit Or Cinnamon Breakfast Round Fresh Fruit BBQ Chicken Pizza or Cheese Pizza ^V Or Turkey and Cheese Sub Cherry Tomatoes Fresh Fruit	
26 Whole Grain Waffles Or Pan Dulce/Concha Fresh Fruit Three Cheese Calzone ^V w/ Marinara Dipping Sauce Or Cheeseburger/Hamburger Spinach Salad Fresh Fruit	27 Turkey Sausage and Cheese on Bagel Half Or Assorted Cereals w/ Grahams Fresh Fruit Pollo Guisado Over Brown Rice Or Greek Salad Roasted Carrots Fresh Fruit	28 Egg and Cheese Omelet with Breakfast Potato Or Whole Grain Bagel with Cream Cheese Fresh Fruit Creamy Chicken and Broccoli Alfredo Or Baked Chicken Tenders w/ a Roll Cherry Tomatoes Fresh Fruit	29 Homemade Oatmeal with Cinnamon and Raisins Or Berry Apple Crisp Bar Fresh Fruit Spinach, Chicken, and Cheese Quesadilla Or Baja Fish Sticks w/ Side of Rice Mexican Street Corn and/or Sizzlin' Black Beans Fresh Fruit	30 Egg and Cheese Sandwich on a Biscuit Or Fruited Yogurt w/ Grahams Fresh Fruit Buffalo Chicken Pizza or Cheese Pizza ^V Or Turkey and Cheese Sub Celery Sticks Fresh Fruit	

USDA is an equal opportunity provider and employer.