

K-8 Menu January 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>No School Winter Recess</p>	<p>3</p> <p>No School Winter Recess</p>	<p>4 Cinnamon Breakfast Round Or Assorted Cereals with Cheese Stick Chilled Fruit and Raisins</p> <p>Three Cheese Calzone^V with Marinara Dipping Sauce Or Chicken Tenders with a Roll Sweet Potato Wedges Fresh Fruit</p>	<p>5 Breakfast Burrito Or Fruited Yogurt with Grahams Fresh Fruit</p> <p>BBQ Chicken Drumstick with a Corn Muffin Or Crispy Baked Fish Sandwich Mashed Potatoes and/or Baked Beans Fresh Fruit</p>	<p>6 French Toast Sticks Or Assorted Cereals with Grahams Fresh Fruit</p> <p>White Garlic Pizza^V or Cheese Pizza^V Or Garden Salad Topped with Buffalo Chicken Broccoli Fresh Fruit</p>
<p>9 Cinnamon Spiced Pancakes Or Strawberry Guava Flip Fresh Fruit</p> <p>Black Bean Burrito Bowl^V Or Cheeseburger/Hamburger Sweet Potato Wedges Fresh Fruit</p>	<p>10 French Toast Sticks Or Whole Grain Bagel with Cream Cheese Fresh Fruit</p> <p>Beef Tacos on a Crunchy Shell Or Baja Fish Sticks with a Side of Rice Sizzlin' Black Beans and/or Sweet Corn Fresh Fruit</p>	<p>11 Egg Omelet with Breakfast Potatoes Or Fruited Yogurt with Grahams Fresh Fruit</p> <p>Spaghetti and Meatballs with Garlic Bread Or Greek Salad^V Harvest Kale and Apple Salad Fresh Fruit</p>	<p>12 Homemade Oatmeal with Cinnamon and Diced Apples Or Assorted Cereals with a Cheese Stick Fresh Fruit</p> <p>Chicken Curry over Brown Rice Or Jamaican Beef Patty with Salsa Dipping Sauce Cucumber Slices Fresh Fruit</p>	<p>13 Egg and Cheese Sandwich on a Biscuit Or Cinnamon Breakfast Round Fresh Fruit</p> <p>Sausage Pizza or Cheese Pizza^V Or Chicken Caesar Salad Garden Salad Fresh Fruit</p>
<p>16</p> <p>No School M. L. King Jr. Day</p>	<p>17 Turkey Sausage and Cheese on a Bagel Or Pan Dulce Fresh Fruit</p> <p>Pollo Guisado Over Brown Rice Or Chicken Caesar Salad Oven Baked Plantains Fresh Fruit</p>	<p>18 Whole Grain Waffles Or Whole Grain Bagel with Cream Cheese Fresh Fruit</p> <p>Steak and Cheese Melt Or Three Cheese Calzone^V with Marinara Dipping Sauce Garden Salad Fresh Fruit</p>	<p>19 French Toast Sticks Or Assorted Cereals with Grahams</p> <p>Chef's Chicken Lo Mein Or Beef Meatball Sub Cherry Tomatoes Fresh Fruit</p>	<p>20 Egg and Cheese Sandwich on a Biscuit Or Cinnamon Breakfast Round Fresh Fruit</p> <p>Buffalo Chicken Pizza or Cheese Pizza^V Or Chef Salad with Turkey and Cheese Chickpea Salad and/or Celery Sticks Fresh Fruit</p>
<p>23 Breakfast Burrito Or Pan Dulce Fresh Fruit</p> <p>Creamy Macaroni and Cheese^V Or Chicken Parmesan Sub Harvest Kale and Apple Salad Fresh Fruit</p>	<p>24 Maple Buttermilk Pancakes Or Assorted Cereals with Cheese Stick Fresh Fruit</p> <p>Chicken and Spinach Quesadilla Or Jamaican Beef Patty with Salsa Dipping Sauce Oven Baked Plantains Fresh Fruit</p>	<p>25 Homemade Oatmeal with Cinnamon and Diced Apples Or Fruited Yogurt with Grahams Fresh Fruit</p> <p>BBQ Chicken Drumstick with a Corn Muffin Or Greek Salad^V Mashed Potatoes and/or Baked Beans Fresh Fruit</p>	<p>26 Egg and Cheese Sandwich on a Biscuit Or Whole Grain Bagel with Cream Cheese</p> <p>Chicken and Veggie Fried Rice Or Baked Chicken Tenders with a Roll Cucumber Slices Fresh Fruit</p>	<p>27 Whole Grain Waffles Or Assorted Cereals with Grahams Fresh Fruit</p> <p>Vegetable Pizza^V or Cheese Pizza^V Or Chicken Caesar Salad Cherry Tomatoes Fresh Fruit</p>
<p>30 Cinnamon Spiced Pancakes Or Strawberry Guava Flip Fresh Fruit</p> <p>Black Bean Burrito Bowl^V Or Cheeseburger/Hamburger Sweet Potato Wedges Fresh Fruit</p>	<p>31 French Toast Sticks Or Whole Grain Bagel with Cream Cheese Fresh Fruit</p> <p>Beef Tacos on a Crunchy Shell Or Baja Fish Sticks with a Side of Rice Sizzlin' Black Beans and/or Sweet Corn Fresh Fruit</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

Did You Know?:

Breakfast and Lunch is FREE for all Students

Breakfast Milk Choices

1 % Plain & Nonfat Plain

Lunch Milk Choices

1% Plain, Nonfat Plain, & Chocolate

- 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

Please Note:

- If you have a food allergy please speak to the school nurse and advise your kitchen manager
- Menu is subject to change

To find out more about BPS Food and Nutrition Services visit us at: <http://www.bostonpublicschools.org/fns>

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