

Boston Public Schools K-12 Breakfast Satellite Menu

February 2017

DID YOU KNOW...

- All grain products are whole grain rich
- All products contain no pork
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats and No Nitrates and Nitrites, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

BREAKFAST INCLUDES

1% Plain Milk
Fat Free Milk

Available Daily

- Cheerios Cereal

PLEASE NOTE

- If you have a food allergy please speak to your school nurse
- Maple syrup will be offered in cafeteria feeding setting
- Menu is subject to change.

Dept. of Food & Nutrition Services

(617) 635 9144

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 French Toast Fresh & Chilled Fruit	2 Waffles Fresh & Chilled Fruit	3 Strawberry Yogurt Graham Crackers Fresh Fruit
6 Oatmeal Round Fresh & Chilled Fruit	7 Waffles Fresh Fruit	8 Egg & Cheese Breakfast Sandwich Fresh Fruit	9 French Toast Fresh Fruit	10 Multi Grain Cheerios Cereal Fresh & Chilled Fruit
13 Honey Wheat Bagel w/ Cream Cheese Fresh Fruit	14 French Toast Fresh Fruit	15 Egg & Cheese Breakfast Sandwich Fresh Fruit	16 Pancakes Fresh & Chilled Fruit	17 Corn Muffin Fresh & Chilled Fruit
20 No School February Recess	21 No School February Recess	22 No School February Recess	23 No School February Recess	24 No School February Recess
27 Multi Grain Cheerios Cereal Graham Crackers Fresh & Chilled Fruit	28 Egg & Cheese Breakfast Sandwich Fresh Fruit			