

Boston Public Schools

K-8 Lunch Satellite Menu

February 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.

- All products contain zero trans fats

Nutrition Highlight:

Butternut Squash

- Butternut squash seeds are a good source of fiber and mono-unsaturated fatty acids that are important for heart health. The seeds are also rich in protein, minerals, and other important vitamins.
- The flesh of the squash has the mineral manganese; this helps us have strong bones. The Vitamin C present helps to decrease the chance of becoming sick.
- Has the minerals potassium, magnesium, and calcium. Magnesium helps with increased energy, heart health, muscle aches, and improving energy.
- This squash is also full of Vitamin A which is important for healthy eyesight.

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
		Spaghetti & Meatballs Steamed Broccoli Chicken Caesar Salad w/ Caesar Dressing Fresh Fruit	Orange Ginger Chicken Over Brown Rice Steamed Green Beans Pasta w/ Tomato Sauce & Cheese ^v Steamed Green Beans Fresh Fruit	Cheese Pizza^v Fresh Carrots w/ Ranch Dressing Cobb Salad ^v w/ Italian Dressing & Kaiser Roll Fresh Fruit
SunButter & Jelly Sandwich Cheese Stick^v Chickpea Salad Hamburger Black Bean & Tomato Mayo/Ketchup/Mustard Fresh Fruit	Chimichurri Chicken w/ Brown Rice Plantains Toasted Cheese Sandwich ^v Corn & Red Pepper Salad Fresh Fruit	Chicken & Broccoli Alfredo w/ Penne Pasta Pasta w/ Tomato Meat Sauce & Cheese Steamed Broccoli Fresh Fruit	Chicken Tenders Butternut Squash Ketchup Buffalo Chicken Salad w/ Italian Dressing & Dinner Roll Fresh Fruit	Cheese Pizza^v Fresh Carrots w/ Ranch Dressing Greek Salad ^v w/ Italian Dressing & Kaiser Roll Fresh Fruit
Macaroni and Cheese^v Steamed Broccoli Beef Meatball Sub Steamed Broccoli Fresh Fruit	Chicken and Cheese Rice Bowl Black Bean & Tomato SunButter & Jelly Sandwich, Cheese Stick ^v Chickpea Salad Fresh Fruit	BBQ Meatballs w/ Corn Muffin Steamed Green Beans Buffalo Chicken Salad w/ Italian Dressing & Dinner Roll Fresh Fruit	Chicken Teriyaki Brown Rice Peas & Carrots Hamburger Fiesta Corn Mayo/Ketchup/Mustard Fresh Fruit	Cheese Pizza^v Fresh Carrots w/ Ranch Dressing Chicken Tenders Butternut Squash Ketchup Fresh Fruit
20	21	22	23	24
No School February Recess	No School February Recess	No School February Recess	No School February Recess	No School February Recess
Toasted Cheese Sandwich^v Corn & Red Pepper Salad Cheesy Beef & Bean Bowl Corn Muffin Fiesta Corn Chilled Fruit	Hamburger Baked Beans Mayo/Ketchup/Mustard SunButter & Jelly Sandwich, Cheese Stick ^v Chickpea Salad Fresh Fruit			