

Boston Public Schools

K-8 Lunch Satellite Menu

June 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:

Strawberries

- Are an excellent source of Vitamin C, which serves as a great boost for the immune system and skin health.
- They are a part of the top 20 fruits in anti-oxidant capacity, and are a good source of manganese and potassium.
- High in folate, which is important for normal tissue growth and cell function.

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
				
SunButter & Jelly Sandwich Cheese Stick^v Chickpea Salad ⁵ Hamburger Black Bean & Tomato Mayo/Ketchup/Mustard Fresh Fruit	Chimichurri Chicken w/ Brown Rice Plantains ⁶ Toasted Cheese Sandwich ^v Corn & Red Pepper Salad Fresh Fruit	Chicken & Broccoli Alfredo w/ Penne Pasta ⁷ Pasta w/ Tomato Meat Sauce & Cheese Steamed Broccoli Fresh Fruit	Orange Ginger Chicken Over Brown Rice Steamed Green Beans ¹ Pasta w/ Tomato Sauce & Cheese ^v Steamed Green Beans Fresh Fruit	Cheese Pizza^v Fresh Carrots w/ Ranch Dressing ² Cobb Salad ^v w/ Italian Dressing & Kaiser Roll Fresh Fruit
Macaroni and Cheese^v Steamed Broccoli ¹² Beef Meatball Sub Steamed Broccoli Chilled Fruit	Chicken and Cheese Rice Bowl Black Bean & Tomato ¹³ SunButter & Jelly Sandwich, Cheese Stick ^v Chickpea Salad Fresh Fruit	BBQ Meatballs w/ Corn Muffin Steamed Green Beans ¹⁴ Buffalo Chicken Salad w/ Italian Dressing & Dinner Roll Fresh Fruit	Chicken Teriyaki Brown Rice Peas & Carrots ¹⁵ Hamburger Fiesta Corn Mayo/Ketchup/Mustard Fresh Fruit	Cheese Pizza^v Fresh Carrots w/ Ranch Dressing ¹⁶ Chicken Caesar Salad w/ Caesar Dressing Fresh Fruit
Toasted Cheese Sandwich^v Corn & Red Pepper Salad ¹⁹ Cheesy Beef & Bean Bowl Corn Muffin Fiesta Corn Chilled Fruit	Hamburger Baked Beans Mayo/Ketchup/Mustard ²⁰ Chicken Tenders Baked Beans Ketchup Fresh Fruit	Spaghetti & Meatballs Steamed Broccoli ²¹ Chicken Caesar Salad w/ Caesar Dressing Fresh Fruit	Orange Ginger Chicken Over Brown Rice Steamed Green Beans ²² Pasta w/ Tomato Sauce & Cheese ^v Steamed Green Beans Fresh Fruit	Cheese Pizza^v Fresh Carrots w/ Ranch Dressing ²³ Cobb Salad ^v w/ Italian Dressing & Kaiser Roll Fresh Fruit
Chicken Tenders Baked Beans Ketchup ²⁶ Hamburger Black Bean & Tomato Mayo/Ketchup/Mustard Fresh Fruit	Turkey & Cheese Sandwich Fresh Carrots w/ Ranch Mayo/Mustard ²⁷ Tuna Salad Sandwich Fresh Carrots w/ Ranch Chilled Fruit	SunButter & Jelly Sandwich Cheese Stick^v Green Bean Salad ²⁸ Chicken Salad Sandwich Green Bean Salad Mayo/Mustard Chilled Fruit	Summer Recess ²⁹	
Summer Recess ³⁰				