

Boston Public Schools

K-8 Lunch Satellite Menu

May 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:

Fish

- All products contain zero trans fats
- Contains the nutrient protein, which is an important building block for bones, muscle, cartilage, skin, and blood. It is essential in repairing and building tissue.
- Fish is an important source of omega-3 fatty acids. These are important for healthy brain and heart function. Heart health is improved due to the ability to lower blood pressure, and reducing risk of heart attack and stroke.
- Salt-water fish is a sunless source of Vitamin D, which can help prevent bone loss.

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
Macaroni and Cheese^v 1 Steamed Broccoli Beef Meatball Sub Steamed Broccoli Chilled Fruit	Chicken and Cheese 2 Rice Bowl Black Bean & Tomato SunButter & Jelly Sandwich, Cheese Stick ^v Chickpea Salad Fresh Fruit	BBQ Meatballs w/ 3 Corn Muffin Steamed Green Beans Buffalo Chicken Salad w/ Italian Dressing & Dinner Roll Fresh Fruit	Chicken Teriyaki 4 Brown Rice Peas & Carrots Hamburger Fiesta Corn Mayo/Ketchup/Mustard Fresh Fruit	Cheese Pizza^v 5 Fresh Carrots w/ Ranch Dressing Chicken Caesar Salad w/ Caesar Dressing Fresh Fruit
Toasted Cheese 8 Sandwich^v Corn & Red Pepper Salad Cheesy Beef & Bean Bowl Corn Muffin Fiesta Corn Chilled Fruit	Hamburger 9 Baked Beans Mayo/Ketchup/Mustard Chicken Tenders Baked Beans Ketchup Fresh Fruit	Spaghetti & 10 Meatballs Steamed Broccoli Chicken Caesar Salad w/ Caesar Dressing Fresh Fruit	Orange Ginger 11 Chicken Over Brown Rice Steamed Green Beans Pasta w/ Tomato Sauce & Cheese ^v Steamed Green Beans Fresh Fruit	Cheese Pizza^v 12 Fresh Carrots w/ Ranch Dressing Cobb Salad ^v w/ Italian Dressing & Kaiser Roll Fresh Fruit
SunButter & Jelly 15 Sandwich Cheese Stick^v Chickpea Salad Hamburger Black Bean & Tomato Mayo/Ketchup/Mustard Fresh Fruit	Chimichurri Chicken 16 w/ Brown Rice Plantains Toasted Cheese Sandwich ^v Corn & Red Pepper Salad Fresh Fruit	Chicken & Broccoli 17 Alfredo w/ Penne Pasta Pasta w/ Tomato Meat Sauce & Cheese Steamed Broccoli Fresh Fruit	Chicken Tenders 18 Sweet Potatoes Ketchup Buffalo Chicken Salad w/ Italian Dressing & Dinner Roll Fresh Fruit	Cheese Pizza^v 19 Fresh Carrots w/ Ranch Dressing Greek Salad ^v w/ Italian Dressing & Kaiser Roll Fresh Fruit
Macaroni and 22 Cheese^v Steamed Broccoli Beef Meatball Sub Steamed Broccoli Chilled Fruit	Chicken and Cheese 23 Rice Bowl Black Bean & Tomato SunButter & Jelly Sandwich, Cheese Stick ^v Chickpea Salad Fresh Fruit	BBQ Meatballs w/ 24 Corn Muffin Steamed Green Beans Buffalo Chicken Salad w/ Italian Dressing & Dinner Roll Fresh Fruit	Chicken Teriyaki 25 Brown Rice Peas & Carrots Hamburger Fiesta Corn Mayo/Ketchup/Mustard Fresh Fruit	Cheese Pizza^v 26 Fresh Carrots w/ Ranch Dressing Chicken Caesar Salad w/ Caesar Dressing Fresh Fruit
29 No School Memorial Day	Hamburger 30 Baked Beans Mayo/Ketchup/Mustard Chicken Tenders Baked Beans Ketchup Fresh Fruit	Spaghetti & 31 Meatballs Steamed Broccoli Chicken Caesar Salad w/ Caesar Dressing Fresh Fruit		