

9-12 February Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 French Toast Sticks Fresh Fruit BBQ Chicken Pizza or Cheese Pizza ^V Or Baked Fish Sandwich with Lettuce and Tomato Or Chicken Caesar Salad Sweet Corn and/or Garden Salad Fresh Fruit
4 Breakfast Burrito Fresh Fruit Homemade Steak and Cheese Sub with Onions and Peppers Or Chicken Tender and Cheese Bite Combo Or Cheese Bites ^V Or Cobb Salad ^V Oven Roasted Potato Wedges and/or Garden Salad Fresh Fruit	5 Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit Spaghetti and Meatballs with Garlic Bread Or Broccoli and Cheddar Croissant ^V Or Garden Salad with Buffalo Chicken Seasoned Peas and/or Carrot Sticks Fresh Fruit	6 French Toast Sticks Fresh Fruit LOCAL Baked Fish in Chips with Brown Rice Or Grilled Chicken Sandwich on Hawaiian Bun with Lettuce and Tomato Or Chef Salad with Turkey and Cheese Roasted Carrots and/or Citrus Spinach Garden Salad Fresh Fruit	7 Egg and Cheese on a Biscuit Fresh Fruit Fajita Chicken and Spinach Quesadilla or Cheese and Spinach Quesadilla ^V Or Cheeseburger or Hamburger Or Garden Salad with Tuna Salad Roasted Sweet Potato Wedges and/or Cucumber Wedges Fresh Fruit	8 Whole Grain Waffles Fresh Fruit Meatball Pizza or Cheese Pizza ^V Or Buffalo Chicken Wrap Or Chicken Caesar Salad Chickpea Salad and/or Celery and Carrot Sticks Fresh Fruit
11 French Toast Sticks Fresh Fruit Oven Baked Macaroni and Cheese ^V with a Dinner Roll Or Beef Meatball Sub Or Garden Salad with Buffalo Chicken Roasted Carrots and/or Garden Salad Fresh Fruit	12 Homemade Oatmeal with Cinnamon Fresh Fruit Queso Blanco Nachos ^V with Chicken and Fresh Toppings Or Pepper Jack Cheeseburger or Hamburger Or Chicken Caesar Salad Baked Yucca Fries and/or Sizzlin' Black Beans Fresh Fruit	13 Egg and Cheese on a Biscuit Fresh Fruit Mandarin Orange Chicken over Brown Rice Or Cuban BBQ Pulled Pork Sandwich Or Chef Salad with Turkey and Cheese Broccoli and/or Carrot Sticks Fresh Fruit	14 Breakfast Burrito Fresh Fruit BBQ Chicken Drumstick with Corn Bread Or Baked Fish Sandwich with Lettuce and Tomato Or Greek Salad ^V Roasted Sweet Potato Wedges and/or Cucumber Slices Fresh Fruit	15 Turkey Sausage and Cheese on a Bagel Fresh Fruit Buffalo Chicken Pizza or Cheese Pizza ^V Or Grilled Chicken Sandwich with Lettuce and Tomato Or Garden Salad with Tuna Salad Sweet Corn and/or Carrot Sticks Fresh Fruit
18 Presidents' Day No School	19 February Recess No School	20 February Recess No School	21 February Recess No School	22 February Recess No School
25 Yogurt Parfait with Strawberries and Granola Fresh Fruit BBQ Teriyaki Chicken, Broccoli, and Brown Rice Bowl Or Cheeseburger or Hamburger Roasted Sweet Potato Wedges and/or Broccoli Fresh Fruit	26 Homemade Oatmeal with Cinnamon Fresh Fruit Beef Tacos on a Crunchy Shell with Fresh Toppings Or Steak and Cheese Croissant Or Chicken Caesar Salad Sizzlin' Black Beans and/or Garden Salad Fresh Fruit	27 Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit Toasted Cheese Sandwich with a side of Three Bean Chili Or Jamaican Beef Patty with Salsa Dipping Cup Or Chicken Caesar Salad Oven Roasted Plantains and/or Baby Carrots Fresh Fruit	28 Egg and Cheese on a Biscuit Fresh Fruit Spanish Rice with Fajita Chicken Or Crispy Chicken Sandwich on Hawaiian Bun with Lettuce and Tomato Or Greek Salad ^V Roasted Sweet Potato Wedges and/or Cucumber Slices Fresh Fruit	



A variety of cold breakfast items offered daily! Which may include: **LOCAL** 88 Acres bar, assorted ZeeZee bars, low sugar cereals, whole grain bagels, Safe + Fair graham sticks or cinnamon bitz or granola, fruited yogurt, cheese sticks, and hard boiled eggs

Possible Daily Vegetarian Grab and Go Lunch Options:

Peanut Butter and Jelly Sandwich^{S V}

Yogurt and Granola Grab and Go^V

Hummus and Veggie Grab and Go^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

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- 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
- "S" indicates peanut butter will be replaced with Sunbutter (for Peanut Aware Schools)
- "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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