


K-8 March Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	 <p>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</p> <p>Possible Daily Vegetarian Grab and Go Lunch Options:</p> <p>Peanut Butter and Jelly Sandwich^{S V}</p> <p>Yogurt and Granola Grab and Go^V</p> <p>Hummus and Veggie Grab and Go^V</p> <p>Did You Know?: Breakfast and Lunch is FREE for all Students</p> <p>Breakfast Milk Choices 1 % Plain & Nonfat Plain</p> <p>Lunch Milk Choices 1% Plain, Nonfat Plain, & Chocolate</p> <ul style="list-style-type: none"> 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 <p>Please Note:</p> <ul style="list-style-type: none"> If you have a food allergy please speak to the school nurse and advise your kitchen manager Menu is subject to change <p><i>To find out more about BPS Food and Nutrition Services visit us at: http://www.bostonpublicschools.org/fns</i></p> <p>Dept. of Food & Nutrition Services, 370 Columbia Road, Boston, Ma 02125</p>
				1 French Toast Sticks Fresh Fruit Meatball Pizza or Cheese Pizza ^V Or Chicken Caesar Salad <i>Sweet Corn and/or Garden Salad</i> Fresh Fruit	
4 Yogurt Parfait with Berries and Granola Fresh Fruit Homemade Steak and Cheese Sub with Onions and Peppers Or Cheese Bites ^V <i>Oven Roasted Potato Wedges and/or Garden Salad</i> Fresh Fruit	5 Egg and Cheese on a Biscuit Fresh Fruit Spaghetti and Meatballs with Garlic Bread Or Broccoli and Cheddar Croissant ^V <i>Roasted Carrots and/or Garden Salad</i> Fresh Fruit	6 French Toast Sticks Fresh Fruit LOCAL Baked Fish in Chips with Brown Rice Or Crispy Chicken Sandwich on Hawaiian Bun with Lettuce and Tomato <i>Sweet Corn and/or Citrus Spinach Salad</i> Fresh Fruit	7 Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit Fajita Chicken and Spinach Quesadilla or Cheese and Spinach Quesadilla ^V Or Cheeseburger or Hamburger <i>Roasted Sweet Potato Wedges and/or Cucumber Slices</i> Fresh Fruit	8 Whole Grain Waffles Fresh Fruit BBQ Chicken Pizza or Cheese Pizza ^V Or Garden Salad with Buffalo Chicken <i>Chickpea Salad and/or Carrot Sticks</i> Fresh Fruit	
11 French Toast Sticks Fresh Fruit Oven Baked Macaroni and Cheese ^V with a Dinner Roll Or Beef Meatball Sub <i>Roasted Carrots and/or Garden Salad</i> Fresh Fruit	12 Yogurt Parfait with Berries and Granola Fresh Fruit Queso Blanco Nachos ^V with Chicken and Fresh Toppings Or Pepper Jack Cheeseburger or Hamburger <i>Sizzlin' Black Beans and/or Cucumber Slices</i> Fresh Fruit	13 Egg and Cheese on a Biscuit Fresh Fruit Mandarin Orange Chicken over Brown Rice Or Chef Salad with Turkey and Cheese <i>Broccoli and/or Carrot Sticks</i> Fresh Fruit	14 Whole Grain Waffles Fresh Fruit Roast Turkey with Gravy, Stuffing and Mini Cornbread Or Jamaican Beef Patty with Salsa Dipping Cup <i>Roasted Sweet Potato Wedges and/or Garden Salad</i> Fresh Fruit	15 Breakfast Burrito Fresh Fruit Buffalo Chicken Pizza or Cheese Pizza ^V Or Chicken Caesar Salad <i>Sweet Corn and/or Celery Sticks</i> Fresh Fruit	
18 Homemade Oatmeal with Cinnamon Fresh Fruit BBQ Teriyaki Chicken, Broccoli, and Brown Rice Bowl Or Cheeseburger or Hamburger <i>Roasted Sweet Potato Wedges and/or Broccoli</i> Fresh Fruit	19 French Toast Sticks Fresh Fruit Beef Tacos on a Crunchy Shell with Fresh Toppings with side of Rice Or Steak and Cheese Croissant <i>Sizzlin' Black Beans and/or Carrot Sticks</i> Fresh Fruit	20 Egg and Cheese on a Biscuit Fresh Fruit Toasted Cheese Sandwich with a side of Three Bean Chili Or Jamaican Beef Patty with Salsa Dipping Cup <i>Sweet Corn and/or Cucumber Slices</i> Fresh Fruit	21 Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit Spanish Rice with Fajita Chicken Or Crispy Chicken Sandwich on Hawaiian Bun with Lettuce and Tomato <i>Roasted Carrots and/or Citrus Spinach Side Salad</i> Fresh Fruit	22 Yogurt Parfait with Berries and Granola Fresh Fruit Meatball Pizza or Cheese Pizza ^V Or Chef Salad with Turkey and Cheese <i>Sweet Corn and/or Garden Salad</i> Fresh Fruit	
25 French Toast Sticks Fresh Fruit Homemade Steak and Cheese Sub with Onions and Peppers Or Cheese Bites ^V <i>Oven Roasted Potato Wedges and/or Garden Salad</i> Fresh Fruit	26 Egg and Cheese on a Biscuit Fresh Fruit Spaghetti and Meatballs with Garlic Bread Or Broccoli and Cheddar Croissant ^V <i>Roasted Carrots and/or Garden Salad</i> Fresh Fruit	27 Yogurt Parfait with Berries and Granola Fresh Fruit LOCAL Baked Fish in Chips with Brown Rice Or Crispy Chicken Sandwich on Hawaiian Bun with Lettuce and Tomato <i>Sweet Corn and/or Citrus Spinach Salad</i> Fresh Fruit	28 Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit Fajita Chicken and Spinach Quesadilla or Cheese and Spinach Quesadilla ^V Or Cheeseburger or Hamburger <i>Roasted Sweet Potato Wedges and/or Cucumber Slices</i> Fresh Fruit	29 Whole Grain Waffles Fresh Fruit BBQ Chicken Pizza or Cheese Pizza ^V Or Garden Salad with Buffalo Chicken <i>Chickpea Salad and/or Carrot Sticks</i> Fresh Fruit	

This institution is an equal opportunity provider.