

# K-12 March Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> French Toast Sticks Fresh Fruit  Meatball Pizza or Cheese Pizza <sup>V</sup> Or Baked Fish Sandwich with Lettuce and Tomato Or Chicken Caesar Salad <i>Sweet Corn and/or Garden Salad</i> Fresh Fruit
<b>4</b> Yogurt Parfait with Berries and Granola Fresh Fruit  Homemade Steak and Cheese Sub with Onions and Peppers Or Cheese Bites <sup>V</sup> Or Asian Chicken Salad <i>Oven Roasted Potato Wedges and/or Garden Salad</i> Fresh Fruit	<b>5</b> Egg and Cheese on a Biscuit Fresh Fruit  Spaghetti and Meatballs with Garlic Bread Or Broccoli and Cheddar Croissant <sup>V</sup> Or Garden Salad with Buffalo Chicken <i>Roasted Carrots and/or Garden Salad</i> Fresh Fruit	<b>6</b> French Toast Sticks Fresh Fruit  <b>LOCAL</b> Baked Fish in Chips with Brown Rice Or Crispy Chicken Sandwich on Hawaiian Bun with Lettuce and Tomato Or Cobb Salad <sup>V</sup> <i>Sweet Corn and/or Citrus Spinach Salad</i> Fresh Fruit	<b>7</b> Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit  Fajita Chicken and Spinach Quesadilla or Cheese and Spinach Quesadilla <sup>V</sup> Or Cheeseburger or Hamburger Or Garden Salad with Tuna Salad <i>Roasted Sweet Potato Wedges and/or Cucumber Slices</i> Fresh Fruit	<b>8</b> Whole Grain Waffles Fresh Fruit  BBQ Chicken Pizza or Cheese Pizza <sup>V</sup> Or Steak and Cheese Croissant Or Chicken Caesar Salad <i>Chickpea Salad and/or Carrot Sticks</i> Fresh Fruit
<b>11</b> French Toast Sticks Fresh Fruit  Oven Baked Macaroni and Cheese <sup>V</sup> with a Dinner Roll Or Beef Meatball Sub Or Garden Salad with Buffalo Chicken <i>Roasted Carrots and/or Garden Salad</i> Fresh Fruit	<b>12</b> Yogurt Parfait with Berries and Granola Fresh Fruit  Queso Blanco Nachos <sup>V</sup> with Chicken and Fresh Toppings Or Pepper Jack Cheeseburger or Hamburger Or Chicken Caesar Salad <i>Sizzlin' Black Beans and/or Cucumber Slices</i> Fresh Fruit	<b>13</b> 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 <i>Broccoli and/or Carrot Sticks</i> Fresh Fruit	<b>14</b> Whole Grain Waffles Fresh Fruit  Roast Turkey with Gravy, Stuffing and Mini Cornbread Or Jamaican Beef Patty with Salsa Dipping Cup Or Greek Salad <sup>V</sup> <i>Roasted Sweet Potato Wedges and/or Garden Salad</i> Fresh Fruit	<b>15</b> Breakfast Burrito Fresh Fruit  Buffalo Chicken Pizza or Cheese Pizza <sup>V</sup> Or BBQ Grilled Chicken Sandwich on Hawaiian Bun with Lettuce and Tomato Or Garden Salad with Tuna Salad <i>Sweet Corn and/or Celery Sticks</i> Fresh Fruit
<b>18</b> Homemade Oatmeal with Cinnamon Fresh Fruit  BBQ Teriyaki Chicken, Broccoli, and Brown Rice Bowl Or Cheeseburger or Hamburger Or Garden Salad with Tuna Salad <i>Roasted Sweet Potato Wedges and/or Broccoli</i> Fresh Fruit	<b>19</b> French Toast Sticks Fresh Fruit  Beef Tacos on a Crunchy Shell with Fresh Toppings with side of Rice Or Steak and Cheese Croissant Or Chicken Caesar Salad <i>Sizzlin' Black Beans and/or Carrot Sticks</i> Fresh Fruit	<b>20</b> 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 Or Chef Salad with Turkey and Cheese <i>Sweet Corn and/or Cucumber Slices</i> Fresh Fruit	<b>21</b> Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit  Spanish Rice with Fajita Chicken Or Crispy Chicken Sandwich on Hawaiian Bun with Lettuce and Tomato Or Greek Salad <sup>V</sup> <i>Roasted Carrots and/or Citrus Spinach Side Salad</i> Fresh Fruit	<b>22</b> Yogurt Parfait with Berries and Granola Fresh Fruit  Meatball Pizza or Cheese Pizza <sup>V</sup> Or Baked Fish Sandwich with Lettuce and Tomato Or Chicken Caesar Salad <i>Sweet Corn and/or Garden Salad</i> Fresh Fruit
<b>25</b> French Toast Sticks Fresh Fruit  Homemade Steak and Cheese Sub with Onions and Peppers Or Cheese Bites <sup>V</sup> Or Asian Chicken Salad <i>Oven Roasted Potato Wedges and/or Garden Salad</i> Fresh Fruit	<b>26</b> Egg and Cheese on a Biscuit Fresh Fruit  Spaghetti and Meatballs with Garlic Bread Or Broccoli and Cheddar Croissant <sup>V</sup> Or Garden Salad with Buffalo Chicken <i>Roasted Carrots and/or Garden Salad</i> Fresh Fruit	<b>27</b> Yogurt Parfait with Berries and Granola Fresh Fruit  <b>LOCAL</b> Baked Fish in Chips with Brown Rice Or Crispy Chicken Sandwich on Hawaiian Bun with Lettuce and Tomato Or Cobb Salad <sup>V</sup> <i>Sweet Corn and/or Citrus Spinach Salad</i> Fresh Fruit	<b>28</b> Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit  Fajita Chicken and Spinach Quesadilla or Cheese and Spinach Quesadilla <sup>V</sup> Or Cheeseburger or Hamburger Or Garden Salad with Tuna Salad <i>Roasted Sweet Potato Wedges and/or Cucumber Slices</i> Fresh Fruit	<b>29</b> Whole Grain Waffles Fresh Fruit  BBQ Chicken Pizza or Cheese Pizza <sup>V</sup> Or Steak and Cheese Croissant Or Chicken Caesar Salad <i>Chickpea Salad and/or Carrot Sticks</i> 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<sup>S V</sup>
- Yogurt and Granola Grab and Go<sup>V</sup>
- Hummus and Veggie Grab and Go<sup>V</sup>

**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>

Dept. of Food & Nutrition Services, 370 Columbia Road, Boston, Ma 02125