

9-12 March Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 French Toast Sticks Fresh Fruit Meatball Pizza or Cheese Pizza ^V Or Baked Fish Sandwich with Lettuce and Tomato 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 Or Asian Chicken Salad <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 Or Garden Salad with Buffalo Chicken <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 Or Cobb Salad ^V <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 Or Garden Salad with Tuna Salad <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 Steak and Cheese Croissant Or Chicken Caesar Salad <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 Or Garden Salad with Buffalo Chicken <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 Or Chicken Caesar Salad <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 Cuban BBQ Pulled Pork Sandwich 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 Or Greek Salad ^V <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 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
18 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	19 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	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 Or Chef Salad with Turkey and Cheese <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 Or Greek Salad ^V <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 Baked Fish Sandwich with Lettuce and Tomato Or Chicken Caesar Salad <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 Or Asian Chicken Salad <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 Or Garden Salad with Buffalo Chicken <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 Or Cobb Salad ^V <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 Or Garden Salad with Tuna Salad <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 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^{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>

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