

K-8 April Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 French Toast Sticks Fresh Fruit Beef Meatball Sub Or Cheese Bites ^V <i>Roasted Carrots and/or Garden Salad</i> Fresh Fruit	2 Egg and Cheese on a Biscuit Fresh Fruit Cheese Pizza ^V Or Chef Salad with Turkey and Cheese <i>Roasted Sweet Potato Wedges and/or Garden Side Salad</i> Fresh Fruit	3 Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit Mandarin Orange Chicken over Brown Rice Or Steak and Cheese Croissant <i>Broccoli and/or Citrus Spinach Salad</i> Fresh Fruit	4 French Toast Sticks Fresh Fruit Queso Blanco Nachos ^V with Fajita Chicken and Fresh Toppings Or Pepper Jack Cheeseburger or Hamburger <i>Sizzlin' Black Beans and/or Cucumber Slices</i> Fresh Fruit	5 Yogurt Parfait with Berries and Granola Fresh Fruit Buffalo Chicken Pizza or Cheese Pizza ^V Or Chicken Caesar Salad <i>Sweet Corn and/or Carrot Sticks</i> Fresh Fruit
8 French Toast Sticks Fresh Fruit Homemade Steak and Cheese Sub with Onions and Peppers Or Crispy Chicken Sandwich on Hawaiian Bun with Lettuce and Tomato <i>Roasted Sweet Potato Wedges and/or Garden Side Salad</i> Fresh Fruit	9 Yogurt Parfait with Berries and Granola Fresh Fruit Go Sox! Opening Day Celebration! All Beef Hotdog on a Bun with a side of Popcorn Or Cheese Bites ^V <i>Vegetarian Baked Beans and/or Garden Side Salad</i> Fresh Fruit	10 Breakfast Burrito Fresh Fruit Cheese Pizza ^V Or Garden Salad with Tuna Salad <i>Roasted Carrots and/or Cucumber Slices</i> Fresh Fruit	11 Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit LOCAL Fish in Chips with Brown Rice Or Cheeseburger or Hamburger <i>Sweet Corn and/or Citrus Spinach Side Salad</i> Fresh Fruit	12 French Toast Sticks Fresh Fruit Veggie Pizza ^V or Cheese Pizza ^V Or Garden Salad with Buffalo Chicken <i>Carrot Sticks and/or Garden Salad</i> Fresh Fruit
15 Patriots' Day No School	16 Spring Recess No School	17 Spring Recess No School	18 Spring Recess No School	19 Good Friday No School
22 French Toast Sticks Fresh Fruit Spicy Sichuan Chicken over Brown Rice Or Cheese Bites ^V <i>Roasted Sweet Potato Wedges and/or Broccoli</i> Fresh Fruit	23 Egg and Cheese on a Biscuit Fresh Fruit Beef Tacos on a Crunchy Shell with Fresh Toppings with side of Rice Or Jamaican Beef Patty with Salsa Dipping Cup <i>Sizzlin' Black Beans and/or Carrot Sticks</i> Fresh Fruit	24 Scrambled Eggs, Potato Hash Brown with Toast Fresh Fruit Spaghetti and Meatballs with Garlic Bread Or Crispy Chicken Sandwich on Hawaiian Bun with Lettuce and Tomato <i>Sweet Corn and/or Citrus Spinach Salad</i> Fresh Fruit	25 French Toast Sticks Fresh Fruit Pulled BBQ Chicken with Corn Muffin Or Baked Fish Sandwich with Lettuce and Tomato <i>Roasted Carrots and/or Garden Salad</i> Fresh Fruit	26 Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit Sausage Pizza or Cheese Pizza ^V Or Chicken Caesar Salad <i>Sweet Corn and/or Cucumber Slices</i> Fresh Fruit
29 Turkey Sausage and Cheese on a Bagel Fresh Fruit BBQ Teriyaki Chicken, Broccoli, and Brown Rice Bowl Or All Beef Hotdog on a Bun <i>Roasted Sweet Potato Wedges and/or Garden Salad</i> Fresh Fruit	30 French Toast Sticks Fresh Fruit Queso Blanco Nachos ^V with Fajita Chicken and Fresh Toppings Or Pepper Jack Cheeseburger or Hamburger <i>Sizzlin' Black Beans and/or Cucumber Slices</i> Fresh Fruit			



A variety of cold breakfast items offered daily! Which may include: 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