

K-12 April Menu

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



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

This institution is an equal opportunity provider.