

# K-12 May Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		<b>1</b> Egg and Cheese on a Biscuit Fresh Fruit  Cheese Pizza <sup>V</sup> Or BBQ Pulled Pork Sandwich Or Chef Salad with Turkey and Cheese <i>Sweet Corn and/or Garden Side Salad</i> Fresh Fruit	<b>2</b> French Toast Sticks Fresh Fruit  Beef Meatball Sub Or Cheese Bites <sup>V</sup> Or Garden Salad with Buffalo Chicken <i>Roasted Carrots and/or Garden Side Salad</i> Fresh Fruit	<b>3</b> Yogurt Parfait with Berries and Granola Fresh Fruit  BBQ Chicken Pizza or Cheese Pizza <sup>V</sup> Or Steak and Cheese Croissant Or Chicken Caesar Salad <i>Sweet Corn and/or Carrot Sticks</i> Fresh Fruit	 <p>A variety of cold breakfast items offered daily! Which may include: <del>Local</del> 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><b>Possible Daily Vegetarian Grab and Go Lunch Options:</b></p> <p>Peanut Butter and Jelly Sandwich<sup>S V</sup></p> <p>Yogurt and Granola Grab and Go<sup>V</sup></p> <p>Hummus and Veggie Grab and Go<sup>V</sup></p> <p><b>Did You Know?:</b></p> <p><b>Breakfast and Lunch is FREE for all Students</b></p> <p><b>Breakfast Milk Choices</b> 1 % Plain &amp; Nonfat Plain</p> <p><b>Lunch Milk Choices</b> 1% Plain, Nonfat Plain, &amp; Chocolate</p> <ul style="list-style-type: none"> <li>All grain products are whole grain rich</li> <li>Meats are lean and cheeses are low fat</li> <li>A variety of fresh fruits and vegetables offered daily</li> <li>A variety of condiments are offered daily</li> <li>All menu items that contain peanuts or tree nuts as an ingredients are clearly named</li> <li>"S" indicates peanut butter will be replaced with Sunbutter (for Peanut Aware Schools)</li> <li>"V" indicates vegetarian meal options</li> </ul> <p><b>Please Note:</b></p> <ul style="list-style-type: none"> <li>If you have a food allergy please speak to the school nurse and advise your kitchen manager</li> <li>Menu is subject to change</li> </ul> <p>To find out more about BPS Food and Nutrition Services visit us at: <a href="http://www.bostonpublicschools.org/fns">http://www.bostonpublicschools.org/fns</a></p> <p>Dept. of Food &amp; Nutrition Services, 370 Columbia Road, Boston, Ma 02125</p>
<b>6</b> Egg and Cheese on a Biscuit Fresh Fruit  Spaghetti and Meatballs with Garlic Bread Or Broccoli and Cheddar Croissant <sup>V</sup> Or Chicken Caesar Salad <i>Broccoli and/or Carrot Sticks</i> Fresh Fruit	<b>7</b> French Toast Sticks Fresh Fruit  Cheese Pizza <sup>V</sup> Or Crispy Chicken Sandwich with Lettuce and Tomato Or Chef Salad with Turkey and Cheese <i>Roasted Carrots and/or Cucumber Slices</i> Fresh Fruit	<b>8</b> Breakfast Burrito Fresh Fruit  Baked Fish with Brown Rice Or Cheeseburger or Hamburger Or Greek Salad <sup>V</sup> <i>Sweet Corn and/or Citrus Spinach Side Salad</i> Fresh Fruit	<b>9</b> Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit  Homemade Steak and Cheese Sub with Onions and Peppers Or All Beef Hotdog on a Bun Or Chicken Caesar Salad <i>Roasted Sweet Potato Wedges and/or Garden Side Salad</i> Fresh Fruit	<b>10</b> French Toast Sticks Fresh Fruit  Veggie Pizza <sup>V</sup> or Cheese Pizza <sup>V</sup> Or Jamaican Beef Patty with Salsa Dipping Cup Or Garden Salad with Buffalo Chicken <i>Sweet Corn and/or Garden Side Salad</i> Fresh Fruit	
<b>13</b> French Toast Sticks Fresh Fruit  Mandarin Orange Chicken over Brown Rice Or Cheese Bites <sup>V</sup> Or Chef Salad with Turkey and Cheese <i>Roasted Sweet Potato Wedges and/or Broccoli</i> Fresh Fruit	<b>14</b> Scrambled Eggs, Potato Hash Brown with Toast Fresh Fruit  Beef Tacos on a Crunchy Shell with Fresh Toppings with side of Rice Or Jamaican Beef Patty with Salsa Dipping Cup Or Greek Salad <sup>V</sup> <i>Sizzlin' Black Beans and/or Carrot Sticks</i> Fresh Fruit	<b>15</b> Egg and Cheese on a Biscuit Fresh Fruit  Spaghetti and Meatballs with Garlic Bread Or Broccoli and Cheddar Croissant <sup>V</sup> Or Chicken Caesar Salad <i>Sweet Corn and/or Citrus Spinach Salad</i> Fresh Fruit	<b>16</b> French Toast Sticks Fresh Fruit  Pulled BBQ Chicken with Corn Muffin Or Cheeseburger or Hamburger Or Cobb Salad <sup>V</sup> <i>Roasted Carrots and/or Garden Side Salad</i> Fresh Fruit	<b>17</b> Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit  Sausage Pizza or Cheese Pizza <sup>V</sup> Or Baked Fish Sandwich with Lettuce and Tomato Or Garden Salad with Buffalo Chicken <i>Sweet Corn and/or Cucumber Slices</i> Fresh Fruit	
<b>20</b> French Toast Sticks Fresh Fruit  Queso Blanco Nachos <sup>V</sup> 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	<b>21</b> Turkey Sausage and Cheese on a Bagel Fresh Fruit  Cheese Pizza <sup>V</sup> Or Homemade Steak and Cheese Sub with Onions and Peppers Or Garden Salad with Buffalo Chicken <i>Roasted Carrots and/or Garden Side Salad</i> Fresh Fruit	<b>22</b> Yogurt Parfait with Berries and Granola Fresh Fruit  Crispy Chicken Sandwich with Lettuce and Tomato Or Steak and Cheese Croissant Or Chef Salad with Turkey and Cheese <i>Local Vegetable</i> Fresh Fruit	<b>23</b> French Toast Sticks Fresh Fruit  BBQ Teriyaki Chicken, Broccoli, and Brown Rice Bowl Or Cheese Bites <sup>V</sup> Or Chef Salad with Turkey and Cheese <i>Roasted Sweet Potato Wedges and/or Garden Side Salad</i> Fresh Fruit	<b>24</b> Scrambled Eggs, Potato Hash Brown with Toast Fresh Fruit  Buffalo Chicken Pizza or Cheese Pizza <sup>V</sup> Or Tuna Salad Sub with Lettuce and Tomato Or Chicken Caesar Salad <i>Sweet Corn and/or Carrot Sticks</i> Fresh Fruit	
<b>27</b>  Memorial Day No School	<b>28</b> French Toast Sticks Fresh Fruit  Cheese Pizza <sup>V</sup> Or Crispy Chicken Sandwich with Lettuce and Tomato Or Chef Salad with Turkey and Cheese <i>Roasted Carrots and/or Cucumber Slices</i> Fresh Fruit	<b>29</b> Breakfast Burrito Fresh Fruit  Baked Fish with Brown Rice Or Cheeseburger or Hamburger Or Garden Salad with Tuna Salad <i>Vegetarian Baked Beans and/or Citrus Spinach Side Salad</i> Fresh Fruit	<b>30</b> Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit  Homemade Steak and Cheese Sub with Onions and Peppers Or All Beef Hotdog on a Bun Or Greek Salad <sup>V</sup> <i>Roasted Sweet Potato Wedges and/or Garden Side Salad</i> Fresh Fruit	<b>31</b> French Toast Sticks Fresh Fruit  Veggie Pizza <sup>V</sup> or Cheese Pizza <sup>V</sup> Or Jamaican Beef Patty with Salsa Dipping Cup Or Garden Salad with Buffalo Chicken <i>Sweet Corn and/or Carrot Sticks</i> Fresh Fruit	

This institution is an equal opportunity provider.