


K-8 May Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|---|--|--|---|--|--|
| | | 1 Egg and Cheese on a Biscuit Fresh Fruit Cheese Pizza ^V Or Chef Salad with Turkey and Cheese <i>Sweet Corn and/or Garden Side Salad</i> Fresh Fruit | 2 French Toast Sticks Fresh Fruit Beef Meatball Sub Or Cheese Bites ^V <i>Roasted Carrots and/or Garden Side Salad</i> Fresh Fruit | 3 Yogurt Parfait with Berries and Granola Fresh Fruit BBQ Chicken Pizza or Cheese Pizza ^V 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: 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</p> <p>Possible Daily Vegetarian Grab and Go Lunch Options:</p> <p>Peanut Butter and Jelly Sandwich^{S V}</p> <p>Yogurt and Granola Grab and Go^V</p> <p>Hummus and Veggie Grab and Go^V</p> <p>Did You Know?:</p> <p>Breakfast and Lunch is FREE for all Students</p> <p>Breakfast Milk Choices 1 % Plain & Nonfat Plain</p> <p>Lunch Milk Choices 1% Plain, Nonfat Plain, & Chocolate</p> <ul style="list-style-type: none"> 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 <p>Please Note:</p> <ul style="list-style-type: none"> If you have a food allergy please speak to the school nurse and advise your kitchen manager Menu is subject to change <p>To find out more about BPS Food and Nutrition Services visit us at: http://www.bostonpublicschools.org/fns</p> <p>Dept. of Food & Nutrition Services, 370 Columbia Road, Boston, Ma 02125</p> |
| 6 Egg and Cheese on a Biscuit Fresh Fruit Spaghetti and Meatballs with Garlic Bread Or Broccoli and Cheddar Croissant ^V <i>Broccoli and/or Carrot Sticks</i> Fresh Fruit | 7 French Toast Sticks Fresh Fruit Cheese Pizza ^V Or Crispy Chicken Sandwich with Lettuce and Tomato <i>Roasted Carrots and/or Cucumber Slices</i> Fresh Fruit | 8 Breakfast Burrito Fresh Fruit Baked Fish with Brown Rice Or Cheeseburger or Hamburger <i>Sweet Corn and/or Citrus Spinach Side Salad</i> Fresh Fruit | 9 Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit Homemade Steak and Cheese Sub with Onions and Peppers Or All Beef Hotdog on a Bun <i>Roasted Sweet Potato Wedges and/or Garden Side Salad</i> Fresh Fruit | 10 French Toast Sticks Fresh Fruit Veggie Pizza ^V or Cheese Pizza ^V Or Garden Salad with Buffalo Chicken <i>Sweet Corn and/or Garden Side Salad</i> Fresh Fruit | |
| 13 French Toast Sticks Fresh Fruit Mandarin Orange Chicken over Brown Rice Or Cheese Bites ^V <i>Roasted Sweet Potato Wedges and/or Broccoli</i> Fresh Fruit | 14 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 <i>Sizzlin' Black Beans and/or Carrot Sticks</i> Fresh Fruit | 15 Egg and Cheese on a Biscuit Fresh Fruit Spaghetti and Meatballs with Garlic Bread Or Broccoli and Cheddar Croissant ^V <i>Sweet Corn and/or Citrus Spinach Side Salad</i> Fresh Fruit | 16 French Toast Sticks Fresh Fruit Pulled BBQ Chicken with Corn Muffin Or Cheeseburger or Hamburger <i>Roasted Carrots and/or Garden Side Salad</i> Fresh Fruit | 17 Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit Sausage Pizza or Cheese Pizza ^V Or Chef Salad with Turkey and Cheese <i>Sweet Corn and/or Cucumber Slices</i> Fresh Fruit | |
| 20 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> | 21 Turkey Sausage and Cheese on a Bagel Fresh Fruit Cheese Pizza ^V Or Homemade Steak and Cheese Sub with Onions and Peppers <i>Roasted Carrots and/or Garden Side Salad</i> Fresh Fruit | 22 Yogurt Parfait with Berries and Granola Fresh Fruit Crispy Chicken Sandwich with Lettuce and Tomato Or Steak and Cheese Croissant <i>Local Vegetable</i> Fresh Fruit | 23 French Toast Sticks Fresh Fruit BBQ Teriyaki Chicken, Broccoli, and Brown Rice Bowl Or Cheese Bites ^V <i>Roasted Sweet Potato Wedges and/or Garden Side Salad</i> Fresh Fruit | 24 Scrambled Eggs, Potato Hash Brown with Toast Fresh Fruit Buffalo Chicken Pizza or Cheese Pizza ^V Or Chicken Caesar Salad <i>Sweet Corn and/or Carrot Sticks</i> Fresh Fruit | |
| 27 Memorial Day No School Fresh Fruit | 28 French Toast Sticks Fresh Fruit Cheese Pizza ^V Or Crispy Chicken Sandwich with Lettuce and Tomato <i>Roasted Carrots and/or Cucumber Slices</i> Fresh Fruit | 29 Breakfast Burrito Fresh Fruit Baked Fish with Brown Rice Or Cheeseburger or Hamburger <i>Vegetarian Baked Beans and/or Citrus Spinach Side Salad</i> Fresh Fruit | 30 Chicken and Cinnamon Waffle Breakfast Sandwich Fresh Fruit Homemade Steak and Cheese Sub with Onions and Peppers Or All Beef Hotdog on a Bun <i>Roasted Sweet Potato Wedges and/or Garden Side Salad</i> Fresh Fruit | 31 French Toast Sticks Fresh Fruit Veggie Pizza ^V or Cheese Pizza ^V Or Jamaican Beef Patty with Salsa Dipping Cup <i>Sweet Corn and/or Carrot Sticks</i> Fresh Fruit | |

This institution is an equal opportunity provider.