

9-12 May Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1 Egg and Cheese on a Biscuit Fresh Fruit Cheese Pizza ^V Or BBQ Pulled Pork Sandwich 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 Or Garden Salad with Buffalo Chicken <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 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: 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 Or Chicken Caesar Salad <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 Or Chef Salad with Turkey and Cheese <i>Roasted Carrots and/or Cucumber Slices</i> Fresh Fruit	8 Breakfast Burrito Fresh Fruit Baked Fish with Brown Rice Or Cheeseburger or Hamburger Or Greek Salad ^V <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 Or Chicken Caesar Salad <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 Jamaican Beef Patty with Salsa Dipping Cup 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 Or Chef Salad with Turkey and Cheese <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 Or Greek Salad ^V <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 Or Chicken Caesar Salad <i>Sweet Corn and/or Citrus Spinach Salad</i> Fresh Fruit	16 French Toast Sticks Fresh Fruit Pulled BBQ Chicken with Corn Muffin Or Cheeseburger or Hamburger Or Cobb Salad ^V <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 Baked Fish Sandwich with Lettuce and Tomato Or Garden Salad with Buffalo Chicken <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 Or Chicken Caesar Salad <i>Sizzlin' Black Beans and/or Cucumber Slices</i> Fresh Fruit	21 Turkey Sausage and Cheese on a Bagel Fresh Fruit Cheese Pizza ^V 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	22 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	23 French Toast Sticks Fresh Fruit BBQ Teriyaki Chicken, Broccoli, and Brown Rice Bowl Or Cheese Bites ^V Or Chef Salad with Turkey and Cheese <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 Tuna Salad Sub with Lettuce and Tomato Or Chicken Caesar Salad <i>Sweet Corn and/or Carrot Sticks</i> Fresh Fruit	
27 Memorial Day No School	28 French Toast Sticks Fresh Fruit Cheese Pizza ^V 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	29 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	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 Or Greek Salad ^V <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 Or Garden Salad with Buffalo Chicken <i>Sweet Corn and/or Carrot Sticks</i> Fresh Fruit	

This institution is an equal opportunity provider.