

Boston Public Schools

9-12 Lunch Satellite Menu

December 2015

DID YOU KNOW...

- All grain products are whole grain rich
- There are no pork products in this menu
- Meats are lean and cheeses are low fat
- All products contain zero trans fats

Nutrition Highlights

Lettuce

- Lettuce is a member of the sunflower family.
- Darker green lettuce leaves are more nutritious than lighter leaves. All the salads on this menu use dark leaf lettuce.
- Lettuce is the second most popular fresh vegetable in the United States. We eat about 30 pounds a year!
- Lettuce provides dietary fibers, vitamins A, B9 and C and minerals such as calcium, iron and copper.

LUNCH INCLUDES

1% milk
fat free milk
fat free chocolate milk


WE OFFER BREAKFAST DAILY

PLEASE NOTE

- “v” indicates vegetarian meal options
- If you have a food allergy, please speak to your school nurse
- Menu is subject to change

Dept. of Food & Nutrition Services

(617) 635 9144

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Tenders Dinner Roll Sweet Potatoes Ketchup 1 Toasted Cheese Sandwich ^v (2) Fresh Carrots w/ Ranch Dressing Fresh & Cupped Fruit	Pasta with Tomato Meat Sauce & Cheese Steamed Broccoli 2 Buffalo Chicken Salad w/ Italian Dressing & Kaiser Roll Fresh & Cupped Fruit	Orange Ginger Chicken Brown Rice Steamed Green Beans 3 Cobb Salad ^v w/ Italian Dressing & Kaiser Roll Fresh & Cupped Fruit	Cheese Pizza ^v (2) Chickpea Salad 4 SunButter & Jelly Sandwich Cheese Stick, Crackers ^v (2) Chickpea Salad Fresh Fruit
Bean Chili ^v Corn Muffin Fiesta Corn 7 SunButter & Jelly Sandwich Cheese Stick, Crackers ^v (2) Corn & Red Pepper Salad Fresh & Cupped Fruit	Lemon Oregano Chicken over Pasta Steamed Broccoli 8 Buffalo Chicken Salad w/ Italian Dressing & Kaiser Roll Fresh & Cupped Fruit	Chicken and Cheese Rice Bowl Black Bean & Tomato 9 Toasted Cheese Sandwich ^v (2) Chickpea Salad Fresh Fruit	Crispy Fish Sandwich Steamed Green Beans Ketchup/Mayo 10 Turkey-Ham & Cheese Sandwich (2) Green Bean Salad Mayo/Mustard Fresh & Cupped Fruit	Cheese Pizza ^v (2) Fresh Carrots w/ Ranch Dressing 11 Greek Salad ^v w/ Italian Dressing & Kaiser Roll Fresh Fruit
Macaroni & Cheese ^v Steamed Broccoli 14 Beef Meatball Sub Steamed Broccoli Fresh & Cupped Fruit	Hamburger Peas & Carrots Mayo/Ketchup/Mustard 15 Chicken Caesar Salad w/ Caesar Dressing, Kaiser Roll Fresh Fruit	Chicken Thigh w/ Sauce over Brown Rice Seasoned Black Beans 16 SunButter & Jelly Sandwich Cheese Stick, Crackers ^v (2) Chickpea Salad Fresh Fruit	Roast Turkey w/ Gravy, Club Roll Mashed Potatoes 17 Toasted Cheese Sandwich ^v (2) Corn & Red Pepper Salad Fresh Fruit	Cheese Pizza ^v (2) Fresh Carrots w/ Ranch Dressing 18 Cobb Salad ^v w/ Italian Dressing & Kaiser Roll Fresh Fruit & Raisins
SunButter & Jelly Sandwich Cheese Stick, Crackers ^v (2) Corn & Red Pepper Salad Cheesy Beef & Bean Bowl Corn Muffin Fiesta Corn 21 Fresh & Cupped Fruit	Pasta with Tomato Meat Sauce & Cheese Steamed Broccoli 22 Buffalo Chicken Salad w/ Italian Dressing & Kaiser Roll Fresh & Cupped Fruit	Chicken Tenders Dinner Roll Sweet Potatoes Ketchup 23 Toasted Cheese Sandwich ^v (2) Fresh Carrots w/ Ranch Dressing Fresh & Cupped Fruit	24 No School Winter Recess	25 No School Winter Recess
28 No School Winter Recess	29 No School Winter Recess	30 No School Winter Recess	31 No School Winter Recess	