

Boston Public Schools

9-12 Lunch Satellite Menu

January 2016

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

What's New

- Try our Mini Tacos with Salsa on Tuesday the 12th

Produce of The Month

Sweet Potatoes

- Rich in Vitamin A to keep your eyes, skin, teeth and bones healthy
- 1 cup serving provides 7 g of fiber
- A good source of potassium for a healthy heart.
- Try it on January 14th

LUNCH INCLUDES

1% milk
fat free milk
fat free chocolate milk



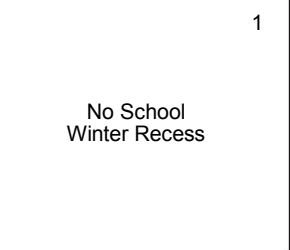
WE OFFER BREAKFAST DAILY

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
				1 No School Winter Recess
4 No School Professional Development Day	5 Lemon Oregano Chicken over Pasta Steamed Broccoli Toasted Cheese Sandwich ^v (2) Green Bean Salad Fresh & Cupped Fruit	6 Chicken and Cheese Rice Bowl Black Bean & Tomato Crispy Fish Sandwich (2) Chickpea Salad Ketchup/Mayo Fresh Fruit	7 Spaghetti & Meatballs Steamed Broccoli Buffalo Chicken Salad w/ Italian Dressing & Kaiser Roll Fresh & Cupped Fruit	8 Cheese Pizza ^v (2) Fresh Carrots w/ Ranch Dressing Greek Salad ^v w/ Italian Dressing & Kaiser Roll Fresh Fruit
11 Macaroni & Cheese ^v Steamed Broccoli Beef Meatball Sub Steamed Broccoli Fresh & Cupped Fruit	12 Mini Tacos with Salsa Fiesta Corn Toasted Cheese Sandwich ^v (2) Corn & Red Pepper Salad Fresh Fruit	13 Chicken Thigh w/ Sauce over Brown Rice Seasoned Black Beans SunButter & Jelly Sandwich Cheese Stick, Crackers ^v (2) Chickpea Salad Fresh Fruit	14 Chicken Tenders Dinner Roll Sweet Potatoes Ketchup Cobb Salad ^v w/ Italian Dressing & Kaiser Roll Fresh Fruit	15 Cheese Pizza ^v (2) Fresh Carrots w/ Ranch Dressing Chicken Caesar Salad w/ Caesar Dressing, Kaiser Roll Fresh Fruit & Raisins
18 Martin Luther King Jr. Day No School	19 Cheesy Beef & Bean Bowl Corn Muffin Fiesta Corn SunButter & Jelly Sandwich Cheese Stick, Crackers ^v (2) Corn & Red Pepper Salad Fresh & Cupped Fruit	20 Hamburger Steamed Broccoli Mayo/Ketchup/Mustard Cobb Salad ^v w/ Italian Dressing & Kaiser Roll Fresh & Cupped Fruit	21 Orange Ginger Chicken Brown Rice Steamed Green Beans Toasted Cheese Sandwich ^v (2) Green Bean Salad Fresh & Cupped Fruit	22 Cheese Pizza ^v (2) Fresh Carrots w/ Ranch Dressing Chicken Caesar Salad w/ Caesar Dressing, Kaiser Roll Fresh Fruit
25 SunButter & Jelly Sandwich Cheese Stick, Crackers ^v (2) Corn & Red Pepper Salad Hamburger Steamed Broccoli Mayo/Ketchup/Mustard Fresh & Cupped Fruit	26 Lemon Oregano Chicken over Pasta Steamed Broccoli Buffalo Chicken Salad w/ Italian Dressing & Kaiser Roll Fresh & Cupped Fruit	27 Chicken and Cheese Rice Bowl Black Bean & Tomato Crispy Fish Sandwich (2) Chickpea Salad Ketchup/Mayo Fresh Fruit	28 Spaghetti & Meatballs Steamed Broccoli Toasted Cheese Sandwich ^v (2) Green Bean Salad Fresh & Cupped Fruit	29 Cheese Pizza ^v (2) Fresh Carrots w/ Ranch Dressing Greek Salad ^v w/ Italian Dressing & Kaiser Roll Fresh Fruit