

Grades K-8 Cafeteria Lunch Menu - December 2015

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Notes about the menu: * Breakfast is provided by Whitsons * All grain products are whole grain or whole wheat * A variety of condiments are offered daily * All menu items that contain peanuts or tree nuts as an ingredient are clearly named * A variety of fresh produce offered daily * In addition to daily vegetable, baby carrots offered M/W/F and sliced cucumbers T/Th * ^v stands for vegetarian	1	2	3	4
	Lunch		Baked Chicken Tenders Or Garden Salad Topped with Tuna Salad Or Toasted Cheese Sandwich ^v Roasted Carrots Fresh Fruit	Pasta w/ Meat Sauce and a Roll Or Turkey-Ham and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^v Garden Salad Fresh Fruit	Tangerine Chicken over Brown Rice Or Chicken Caesar Salad Or Toasted Cheese Sandwich ^v Broccoli Florets Fresh Fruit	Vegetable Pizza or Cheese Pizza ^v Or Toasted Cheese Sandwich ^v Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^v Chickpea Salad Fresh Fruit
Breakfast		7	8	9	10	11
	Lunch	Black Bean Burrito Bowl ^v Or Cheeseburger Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^v Celery Sticks Fresh Fruit	Lemon Oregano Chicken and a Roll Or Garden Salad Topped with Buffalo Chicken Or Toasted Cheese Sandwich ^v Roasted Sweet Potatoes Fresh Fruit	Spanish Rice with Fajita Chicken Or Spicy Chicken Wrap Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^v Broccoli Florets Fresh Fruit	Crispy Baked Fish Filet Or Chicken Caesar Salad Or Toasted Cheese Sandwich ^v Baked Beans Fresh Fruit	Hawaiian Pizza or Cheese Pizza ^v Or Chicken Salad on Whole Grain Bread Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^v Sweet Corn Fresh Fruit
Breakfast		14	15	16	17	18
	Lunch	Grilled Cheese & Tomato Soup ^v Or Meatball Sub Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^v Celery Sticks Fresh Fruit	Cheeseburger Or Southwestern Salad with Chicken Or Toasted Cheese Sandwich ^v Garden Salad Fresh Fruit	Pollo Guisado with Brown Rice Or Spicy Chicken Wrap Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^v Sizzlin' Black Beans Fresh Fruit	Roast Turkey Dinner with Turkey and Stuffing Or Chicken Caesar Salad Or Toasted Cheese Sandwich ^v Mashed Potatoes and Green Beans Fresh Fruit	Buffalo Chicken Pizza or Cheese Pizza ^v Or Tuna Salad on Whole Grain Bread Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^v Cherry Tomatoes Fresh Fruit
Breakfast		21	22	23	24	25
	Lunch	Three Cheese and Corn Enchilada ^v Or Toasted Turkey Cuban on Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^v Sizzlin' Black Beans Fresh Fruit	Chicken, Broccoli, Pasta Or Garden Salad Topped with Tuna Salad Or Toasted Cheese Sandwich ^v Baby Carrots Fresh Fruit	Baked Chicken Tenders Or Toasted Cheese Sandwich ^v Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^v Garden Salad Fresh Fruit	No School Winter Recess	No School Winter Recess
Lunch	28	29	30	31	<u>Lunch Milk Choices</u> 1% Plain, Nonfat Plain, & Chocolate Breakfast and Lunch FREE for ALL Students Menus are subject to change	
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